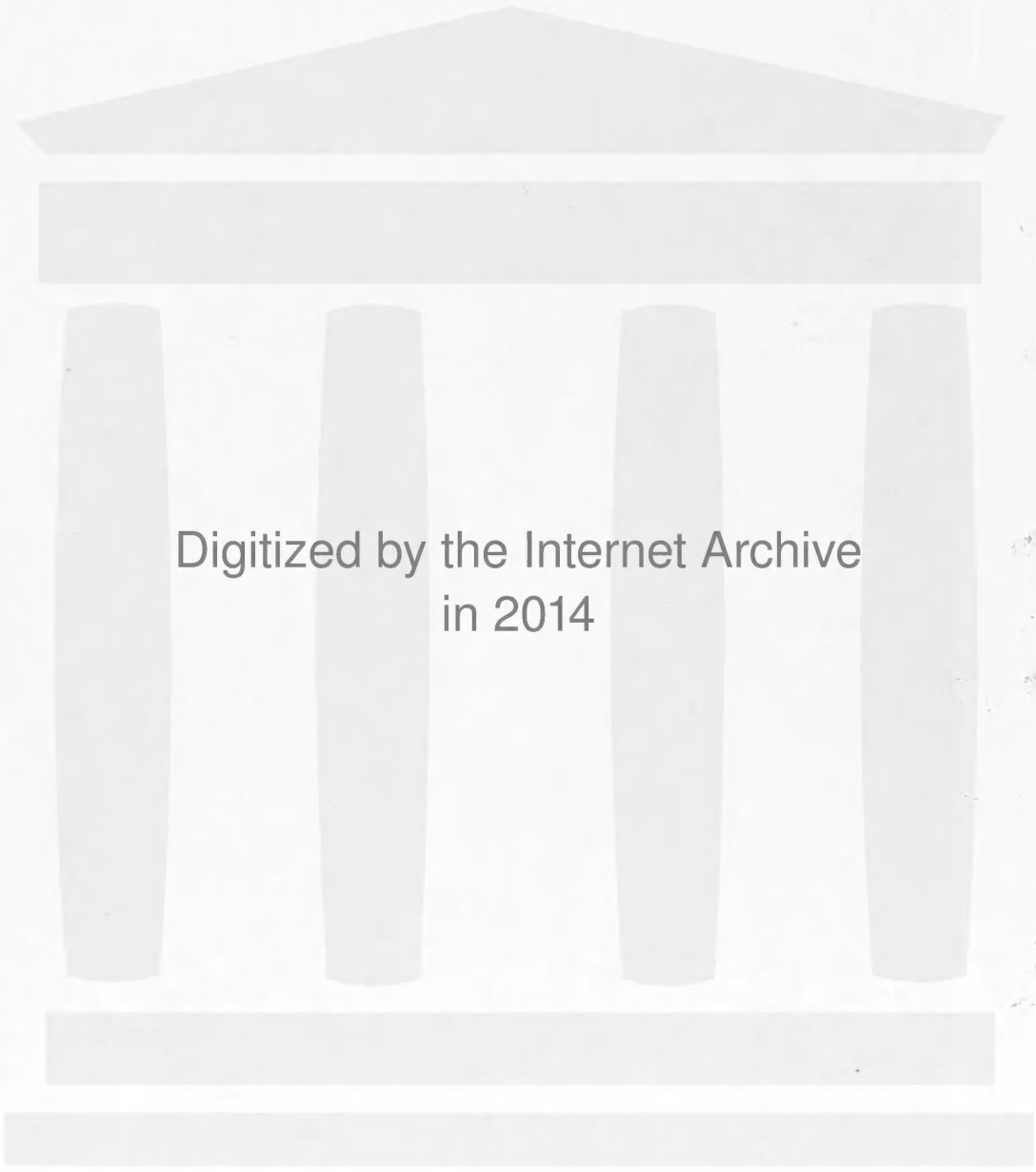


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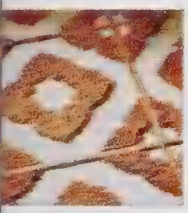
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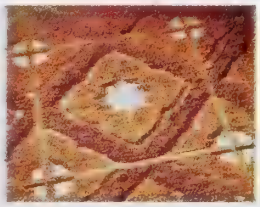
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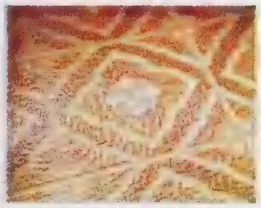
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Editor's Diary

JULY: A TIME TO LOOK AT OURSELVES



Cover girl Judy Ledford, a Journal discovery. Her versatile all-American look is perfect for July.

July is the month of firecrackers, cookouts, parades, the Republican convention and lots of other interesting, stimulating and sometimes tumultuous events. This issue of the *Journal* reflects a lot of our nation's 1980 summer mood . . . a deep concern with personal economics, a bit of fun and gossip, timely fiction and some very practical ideas for summer living. Cover banner-carrier for our issue, a 23-year-old beauty named Judy Ledford. While this is Judy's debut as a cover girl, we're certain it will not be her last. She's wearing an inexpensive red straw hat in a beauty and fashion statement for summer, 1980. Judy started modeling in Los Angeles after high school, went to Europe for three years, and is now back in New York establishing a career. Watch this beauty: We think she's another Cheryl Tiegs.

SOME SERIOUS THOUGHTS FOR JULY, 1980. As the Republicans gather in Detroit to nominate a presidential candidate, our nation is anxious, torn, looking for solutions. This magazine will steer a neutral course in the upcoming political events. But we would hope that we can urge women to play an active, involved role in the months ahead. If our country is to survive as the world leader it has always been, it will take the informed, thoughtful actions of all citizens—female and male—to make known their opinions and their stands on all the crucial issues.

ARTS NOTE: Recently the *Journal* was a co-sponsor of a two-day meeting, "The Arts and Their Economic Partners," organized by Barbaralee Diamonstein. Its point: Even in hard economic times, the arts must be encouraged and funded. We heartily agree.

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Can This Marriage Be Saved?

What happens when a too-romantic wife wants more than her practical husband can give? Kathy had to learn the difference between asking for Hal's love—and demanding it.

By Dorothy Cameron Disney

"I Feel I Have No Husband at All"

This case is based on information from the files of the Pikes Peak Family Counseling and Mental Health Center in Colorado Springs, Colo. Founded in 1887 as the Women's Aid Society, this nonprofit organization has served more than 28,000 people in the Colorado Springs area. The true story reported here is drawn from counselors' reports of interviews. Names and other details have been altered to conceal identities. This month's case was reported by Dr. Alex Panio.



KATHY'S TURN

"Hal's son, Greg, brought us together in the first place, but now he's driving us apart," said 31-year-old Kathy, a blond, pencil-thin stenographer who's been married to Hal for two years and has a son and daughter by a previous husband.

"When my first marriage went sour three years ago," Kathy continued, "I took my daughter, Sally, and gave up my son to my ex-husband, a military man. I was convinced that a boy needs his father. Sally missed her brother dreadfully and, for a while, I was at a loss emotionally, too. I don't think a family of two lonely females is a family at all.

"One Saturday morning at the laundromat, shortly after my divorce, I met Greg, a big, freckle-faced sixteen year old. He was stuffing a washing machine with a dozen filthy shirts (Hal's), a pair of ragged jeans (his) and a single tennis shoe (unidentified). I threw out the sneaker and sorted the laundry for him, while he and little Sally happily read comic books together.

"For the next three Saturdays, Sally and I found him patiently waiting at the laundromat—he was such a lonesome boy, or that's how it seemed at the time. On the fourth Saturday he showed up, absolutely beaming, with Hal in tow. Greg had a collection of new comic books for Sally, and Hal had a bouquet of pink camellias for me—my favorite. They took us to lunch at a fancy restaurant.

"Three months later we were married, mainly at Hal's insistence. Much as I loved him—and I still love Hal—I hesitated. For one thing, he's fifteen years older than I am. And he's always been so uncommunicative. When we first met, he was starting up a small business to sell a new type of insulation. I asked him if we should wait until he became more established before we got married. But he just wouldn't discuss it. Still, I had faith in his ability to make a go of it. I thought maybe he needed me and Greg needed a mother.

"An inexpensive but fabulous honeymoon led me to believe that our relationship would continue to be ideal. For a short while, Hal and I had great sex together. But I soon found out that he is too preoccupied with his business to spare the time to develop a sexual relationship that suits us both.

"Once or twice a month satisfies him. I'd prefer to have sex several times a week—unhurried sex with tender caresses and plenty of loving talk. If Hal is too tired to want intercourse, just the closeness of lying in his arms would do. But he rejects that, too. Although he denies it, I'm sure he's not interested in me sexually anymore. The Christmas before our marriage he gave me a dozen pair of bikini panties; last year, I got a flannel nightgown.

"It's not just the sex, though. You see, I was an adopted child with parents old enough to be my grandparents, who never hugged or kissed me. I've always yearned to be the center of an average, loving family—a cherished wife and mother. In my fantasy, I envisioned cozy evenings at home—Hal helping me cook dinner while Greg and Sally set the table. Then the four of us would sit down to eat our meal and talk over the day's events. But we've never really felt like a family—or even a couple.

"For example, as Hal's wife I think I have a right to know exactly how much he earns. And I want to be a real partner in his business. I'm an experienced bookkeeper and could help him set up a budget and put his business accounts in order. He always agrees it's a good idea, then changes the subject with a pleasant smile. If I persist, he leaves the house—still smiling—and frequently spends the night at his office. Often I feel I have no husband at all.

"It's more or less the same story with Greg. After I married his father, he turned into a sulky, withdrawn adolescent I could hardly recognize. *(continued)*

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Can This Marriage Be Saved?

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He's never acted like a son. I expected, for instance, to supervise his studies just as I've always done with Sally's. But he brushed me off.

"I repeatedly tried to talk to Hal about Greg's education because I was sure he was skimping on his schoolwork, probably flunking. But, as usual, Hal was evasive. He said that Greg could get by on his own. Last year, the boy just barely managed to pass, with an average C- grade.

"Without consulting me, Hal celebrated this less-than-glorious occasion by giving him a car that I doubt he could afford. I was sure it was a mistake. When I protested to Hal, he just told me not to worry.

"Soon after Greg got two speeding tickets in one week. Then two weeks ago, the car was wrecked in a high-speed chase with the police. Luckily Greg was at school and not directly involved. One of his friends had borrowed the car. Greg was afraid to come home. So he moved in with a gang of dropouts he's been hanging around with ever since he got the car.

"I know Hal is terribly worried, although he won't admit it. He shuts me out of every aspect of his life. Unless I can share his problems and his bed more often, I can't believe I have a marriage worth saving."

HAL'S TURN

"I wish I could be a more satisfactory husband to Kathy and a better father to Greg," said 46-year-old Hal, a tall, thin man with graying hair and a nervous, youthful smile. "Apparently I just can't make the grade.

"I married my first wife, Stella, because I was desperately lonely. She seemed just as anxious to have a family as I was. When our youngest daughter was six, I sent Stella back to art school for five years because she complained she was sick of housework. Then, after she got the teaching post she wanted, she announced that she wanted a divorce. I was stunned.

"So I gave her the divorce—and everything else she wanted. Stella is very greedy. She wound up with our house, the stocks and all our savings. I also gave her custody of our three children.

"In a few months, though, Greg came to live with me. I was up to my ears in business problems, but I was glad to have his company. I guess he missed his mother and sisters as much as I did, because when we met Kathy and little Sally, they seemed like the perfect answer to him, too.

"Kathy and I enjoyed the same things and Greg and Sally got along like a house on fire, just like a big brother and younger sister. She's a little sweetheart, that Sally. At the time we met I didn't notice that Kathy was bossy. I thought of her as quiet and relaxed—incredible as that now seems—and I fell in love with her.

"But then in no time Kathy decided to make Greg and me over completely, change our whole lifestyle. Nothing I could do pleased her. I couldn't seem to satisfy her in or out of bed. I'm forty-six and sex isn't all that important to me. When Kathy nags me, I'd sooner sleep alone. Her pillow talk always sounds like an improvement course aimed at a dumb husband.

"Now Kathy says our marriage is a bust, yet at the same time she says she still loves me and Greg. But she has driven us both out of our skulls by trying to get her own way in everything. She asks more questions than an F.B.I. investigator. I'm not used to being cross-examined or pressured. Neither is my son.

"In fact, Greg is now scared to death of Kathy, although he was charmed by her at first and had quite a bit to do with our getting married. He cooled off when she immediately got on his back with talk-talk-talk about his schoolwork, just as I cooled off when she began hassling me about my business affairs.

"I would be a fool to talk to Kathy about the current status of my business, which I still hope will hit it big eventually. But right now it's barely squeaking by on borrowed capital. She'd be worried sick if she knew and then proceed to pour out dozens of suggestions—probably good ideas in the main, but I don't want them. I may not be the smartest man on earth, but I prefer to rise and fall on my own.

"And I'd rather let Greg live his own life, too. Although I admit he sometimes acts like a six year old, he's now going on eighteen and is old enough to stand on his two feet. It's true the kids he's living with aren't angels, but they're not devils either. And if he gets into trouble, he can count on me. My divorce was hard on him, and I won't forget that.

"I can see I was stupid to let him have that damned car, just as Kathy warned me at the time. She is nearly always right about those things. Still, the car was secondhand and cheap, and Greg had gotten through high school without falling on his face. He's just never been studious enough. He's too easily discouraged.

"Kathy exaggerates the difficulties in our marriage. In my opinion both of us could do worse. Despite our differences and her frustrations, I don't see why Kathy and I should call it quits. I don't want to fail on my second go-around, and I doubt that she does either."

THE COUNSELOR'S TURN

"Kathy and Hal's troubles were not uncommon among couples who've been married before," the counselor said. "But their basic problem was the difference in their desire for intimacy.

"Kathy's elderly adopted parents—perhaps fearful that too much affection might spoil the child—gave her too little. She grew up with an almost frantic desire for closeness.

"After a series of encounters with unsatisfying boyfriends, she married a military man, the father of her son and daughter. But he handed down too many rules and regulations to satisfy her romanticized concept of what a husband and father should be. She had high hopes for Hal—and Greg. My guess is that having a stepson helped Kathy absolve her guilt at giving up her own son.

"Kathy's demands on Hal, sexual and otherwise, were absurdly youthful and unrealistic. Why expect a tired man of forty-six to help prepare evening meals when they both disliked cooking? The fast-food restaurant on the corner was cheap and convenient. Why expect Hal to welcome her business advice, no matter how well-intentioned it was? Her expectations of sex, family love and intimacy were so explicit, it's hardly surprising both Greg and Hal were driven away.

"Hal had always been a loner, and didn't want intimacy. Indeed, he's the kind of person psychologists call an 'intimacy avoider' while Kathy is an 'intimacy seeker.' He supposed he was in love with Kathy, yet he had no notion of what Kathy was like as a person, no inkling of her needs. He was so unwilling to reveal himself, and so threatened by her determined efforts to help him, that he stopped listening to her altogether.

"When Kathy and Hal finally understood the glaring differences in their personalities, they decided to try and salvage their marriage anyway—if only for Sally.

"I asked Kathy to refrain from initiating conversation or physical contact with Hal every other week. He would have to speak to her or touch her, or nothing would happen at all.

"After a short period, Hal admitted how much he depended on Kathy to begin whatever personal interaction occurred between them. He sheepishly acknowledged that he looked forward to Kathy's 'talking' weeks. As for Kathy, she was surprised to find that playing the 'avoider' role had taught her to give up her feverish pursuit of intimacy.

"Hal has never been a passionate, emotional man and probably never will be. Nevertheless, he has a normal sex drive for a man his age, and Kathy is now satisfied with their relationship in that respect.

"He is no longer afraid to discuss his problems with her. Though his business is still shaky, he is willing to let Kathy do his bookkeeping and stall his creditors.

"Not long ago Greg, now going on nineteen, moved in with a girlfriend. Both Kathy and Hal like her, and have even found him a job through a business contact. And Sally, who's eleven, continues to be a delight to them both." **End**

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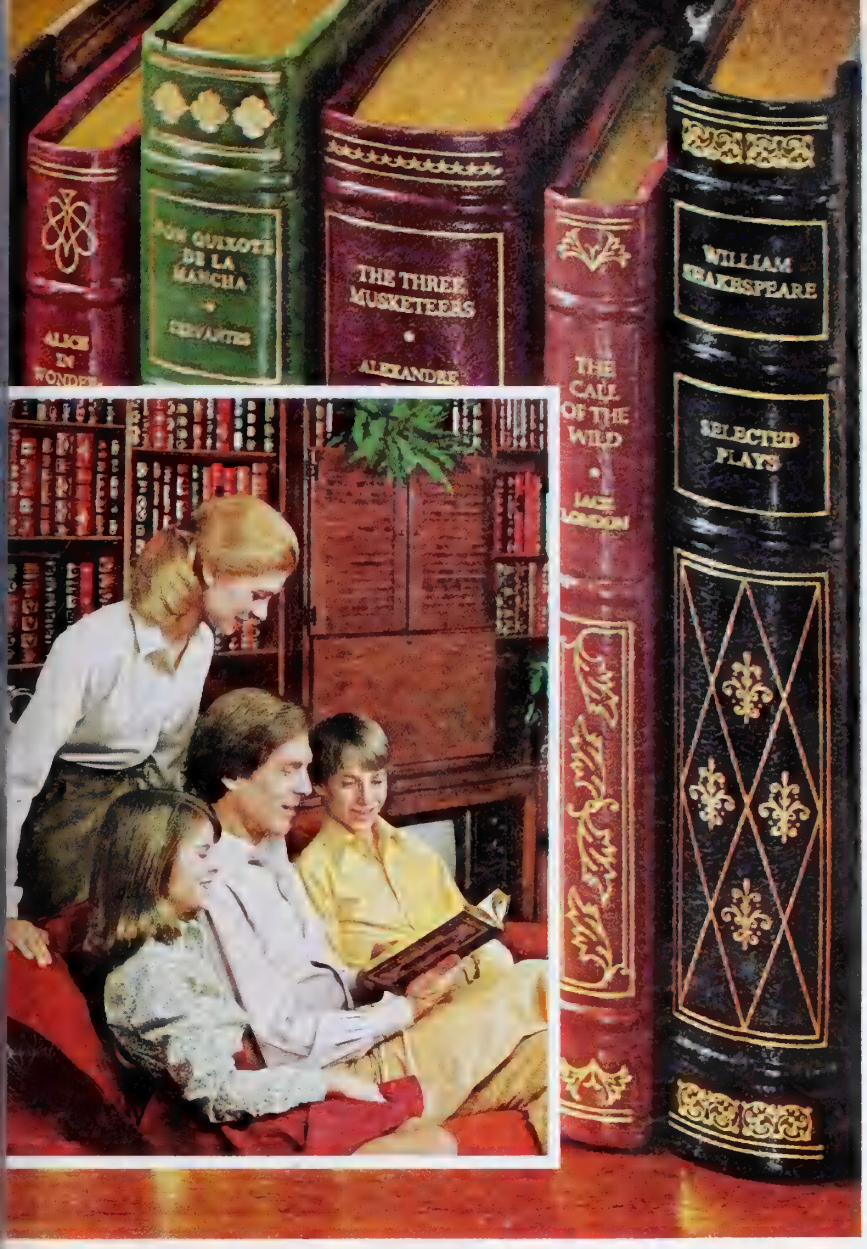
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Reagan, the Movie Star

Some impertinent thoughts on what happens if old Hollywood becomes new Washington.

By Gene Shalit



From top left, clockwise: Reagan and Olivia DeHavilland, *Santa Fe Trail;* with Shirley Temple in *That Hagen Girl;* Ann Sheridan and Mr. R. in *King's Row;* Reagan, Bonzo and Diana Lynn in *Bedtime for Bonzo*.

Republicans are flocking to Detroit this month in search of an answer to the age-old question:

Can a man who starred in *Girls on Probation* and *Accidents Will Happen* be elected President of the United States?

The man is Ronald Reagan. He hopes that Sunset Boulevard will make a right turn onto Pennsylvania Avenue.

Although he never won an Oscar nomination during 25 years of acting, he's after the *Republican* nomination on the basis of two surprising hits: "California Governor" (1966), and its 1970 sequel, "California Governor II." Based on those performances, he wants to play the title role in the forthcoming balanced budget blockbuster, "White House President." Its gala world premiere will be attended by world premiers in Washington on January 20.

If he makes it, what changes would the acting president bring to the capital? Well you may ask. Speculation is rife:

- Some tall people fear he may favor short subjects.
- Historians assert that he will be the first president to deliver his State of the Union address while the assembled members of the House and Senate munch popcorn.
- Harry Truman added a balcony to the White House. Will Ronald Reagan add a loge?

I discussed this with my friend Kendall, an authority in such matters. "To gauge a man's future, screen his past," said Kendall, who loves movies and who's been screening Reagan's past for years. "No other candidate has so varied a background, such diversity of experience." I asked for specifics of the screening report, and here it is:

Reagan got his military training at Virginia Military Institute where he was a *Brother Rat* (1938), the friendly name cadets called each other as they joked their way to war.

As one of the fun-loving group of World War II GIs, Reagan and Errol Flynn were in Germany on a *Desperate Journey* and demolished the Nazis.

Then he took off again with the *International Squadron* as a wisecracking pilot. So maybe he *did* cause the deaths of a couple of his buddies because he lacked discipline. What the heck, in the end *(continued)*

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he proved himself a grand guy and knocked plenty of Huns out of the sky.

Reagan is fearless: He volunteered to be captured by the North Koreans in *Prisoner of War*. Then he pretended to fall for their propaganda and exposed their atrocities. A daring exploit.

Yet, when it came to *American* history, he didn't always get his facts straight. He hit the *Santa Fe Trail* with his old buddy Errol Flynn, and they joined Raymond Massey, Van Heflin and Alan Hale in a wild distortion of pre-Civil War history. Reagan was Gen. Custer (there goes the Indian vote!), and his comrades were Gen. Jeb Stuart, Gen. Philip Sheridan, Gen. James Longstreet and Gen. George Pickett who, in the General confusion, chased John Brown across the country.

Reagan excelled from the battlefield to the playing field. As Grover Cleveland Alexander, he strode to the pitching mound in the 1926 World Series and made the St. Louis Cardinals *The Winning Team*. And, except for the facts, everything in the movie was accurate.

Reagan has always worked to make America a better place. He posed as a crook and went to jail so he could pal up with the mob and be a success at *Smashing the Money Ring*. He *did* it, too! Discovered the counterfeiting plant right there in prison. Good old Ronnie.

He also became a daring D.A. who foresaw the *Storm Warning* and took on the whole Ku Klux Klan in a southern town. Took care of *them*, all right!

When foul play was afoot, Ronnie was around. The *Cattle Queen of Montana* was endangered by the usually peaceful Blackfoot Indians who'd been corrupted. Reagan, concealing his identity as an undercover agent, exposed the villains and won the Indians' admiration. (Let's hope that makes up for Gen. Custer!)

How people forget!—Reagan was also a migrant worker. Yes, he was! He picked vegetables in Florida with that other well-known migrant worker, Ann Sheridan, the *Juke Girl*. Ron rose up and smote the crooked packer and brought justice to all the workers. You bet!

Then he went out west again, this time as a veterinarian to take care of Alexis Smith's horses. But one night, when she needed him most, he couldn't come because he was saving a herd of cows who had anthrax. He was a good vet but a tad careless, because darned if he didn't catch anthrax himself. Alexis to the rescue! She shot him full of the miracle serum that *he himself had discovered*. And then they were in each other's arms as the sun set and the music rose over *Stallion Road*.

So he recovered from anthrax, but remember he still had to contend with epilepsy day unto day and *Night Unto Night*. The critics had fits.

Some disparage Reagan, saying he is no intellectual. A lot *they* know! Remember when he was a California professor who aids Virginia Mayo when he discovers *She's Working Her Way Through College?* So what if she *was* a burlesque queen? Reagan believes in equality.

He proved that when he was a professor of psychology. That's the time he complained that "a lot of people think they're born better than others." He set out to prove that "it's the way they're raised" that counts. He used Bonzo the chimp to make his point. During every waking hour, whenever it wasn't *Bedtime for Bonzo*, he carried out his experiments. Good for you, Ron!

The next time he saw Virginia Mayo he had given up teaching and was an artist in New York. He was looking for the perfect body. She had it. But how could he meet her? She taught night-school English to immigrants who knew her only as the *Girl from Jones Beach*. So guess what Ronald Reagan did! Give up? He posed as a just-arrived Czech. Take *that*, Democrats who assume he can't think fast. His broken English will wow 'em around the conference tables of Eastern Europe.

Could this stalwart, upright, faith-in-the-future man ever have committed an . . . indiscretion? *That Hagen Girl* was illegitimate. Could Reagan have been . . . her father? But wait! She's Shirley Temple. Could she . . . was she . . . did he . . .? *Shirley Temple and Ronald Reagan?* Fie! She went to the United Nations and he's looking toward the White House. Take *that*, gossips!

There is so much experience in his background! He shared a *Dark Victory* with Bette Davis. He went to *King's Row* with Ann Sheridan. He saw to it that *Angels Wash Their Faces* with the Dead End Kids.

All of that is what my friend Kendall said. "But," I remarked when he finished, "what does all of this prove?"

And then the answer to the question finally came: "He has acted in a dram He has acted in a farce. He has acted i romance. Now we can be certain th Ronald Reagan would act in a crisis."

THE BIG SCREEN SCENE

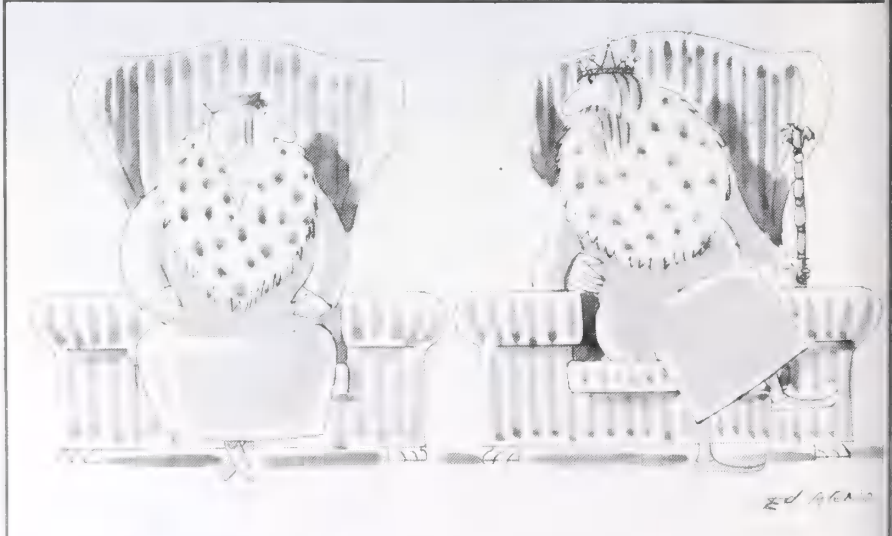
Kristy McNichol has been complaini that she is too young to be admitted theaters showing a movie called *Lit Darlings*, a movie that she is *in*. What she talking about? She should thank h lucky stars that she doesn't have to s *Little Darlings*. A picture in which the *are* no lucky stars. *Un*lucky is more li it. And like it is what I didn't.

Little Darlings is about a swarm girls, ages ten to 15, off to summer cam There, two of them—Kristy McNicl and Tatum O'Neal—are goaded into competition to see which will be the fi to lose her virginity. That has the aro of a plot thought up by paunchy me They have fabricated a mindless scr drearily declaimed by awkward ki Only Kristy McNichol seems to kn how to perform. Some day, when s grows up, she will have a delightful reer. The movie is irresponsible. It sl ders summer camps as places with supervision. Above all, its sexual exploi tion of these children is tawdry.

SPOOK SHOW

Many movie-goers have been looking a good horror movie, but good hor movies are difficult to make, as eve body knows who has wandered throu *The Fog*. Look no further: We've go good one for a change: *The Changeling* classy picture made by people with sense of suspense, and performed wit cast headed by two of the best—Geo C. Scott and Melvyn Douglas. They te in a spectral spectacle about a professo music (Scott), whose wife and li daughter are killed in the film's fi frames. Scott goes to Seattle to escape despair where he rents an enormous

(continued on page



"Lest you forget, when I use the royal 'we,' I mean me, not us."

"Are you kidding? Switch toothpastes? Lover boy here needs his fluoride paste."



He can still get cavities. So he still needs a fluoride."



"Ah, Mom, I want a gel for fresh breath."



"We switched to Aqua-fresh. Now we fight cavities and freshen breath."



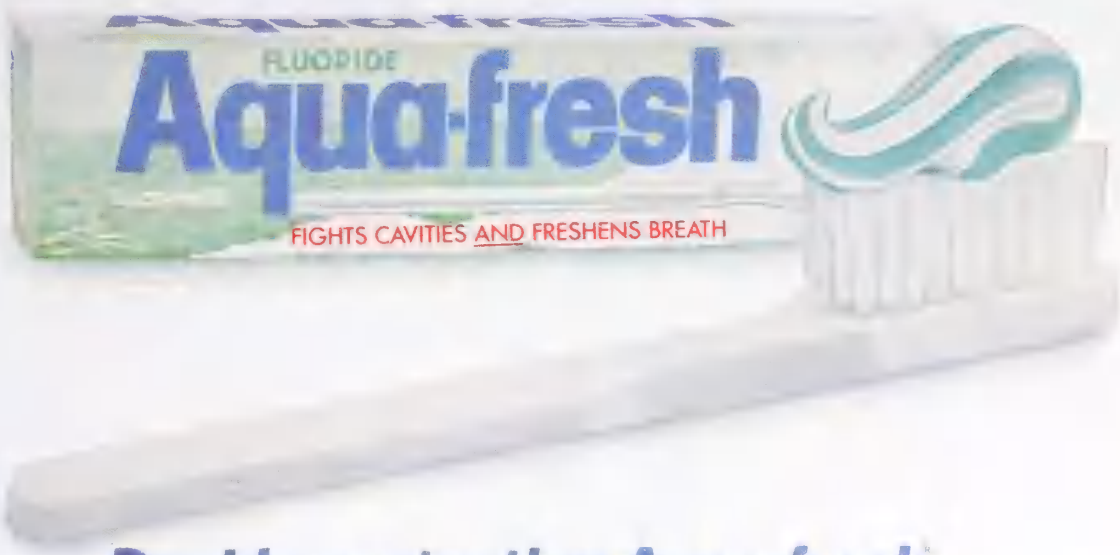
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What's Happening

continued from page 24

mansion from the local historical soc
The house switches from historical to
terical. A poltergeist is on the loose
banging doors and general cacoph
Scott is alarmed but he does not flee,
reasons that the house is not tryin
drive him away, but is raising a racke
get him to stay and solve a mystery.
is not a movie with ghosts jumping at
to elicit fraudulent screams. Thi
creepy, stealthy suspense.

DREARY DISNEY

The Watcher in the Woods wastes
talents of Bette Davis, and wastes
time with the non-talents of two chil
who speak in monotones. This may
the fault of the expressionless directio
John Hough. The story is set in Eng
where a family—Carroll Baker, D
McCallum and two young daughte
rent a secluded mansion from a reel
Bette Davis. She has spent 30 y
mourning the mysterious disappear
of her young daughter. As soon as
family moves in, uninteresting things
gin to happen to the two children:
rors crack, windows break and circle
blue light appear in the dense forest
rounding the house. We are soon aske
believe that Bette Davis' daughter n
died and is now reaching the two yo
girls through mystical means. She beg
be rescued from some mysterious ot
world. The little sisters are filled v
fear. The audience is filled with deri
laughter. This dreary Disney movie
scare some ten-year-old girls who en
teen-age mysteries, but parents and ot
adults will be exasperated.

GENE SHALIT RE-VIEWS

The Black Stallion is wonderful family en
tainment; based on the popular book abo
shipwrecked boy rescued by a wild stallion
Chapter Two has a script of pure gold by
Simon and a good performance by Mar
Mason, but the rest of the cast is disappoint
Coal Miner's Daughter, starring Sissy Space
the story of country singer Loretta Lynn, is a
of pleasure.
Cruising is disgusting and loathsome, and
tainly no child should be allowed to see it.
Defiance is filmed flotsam, a dreadful stor
gangs in New York.
Gizmo is a newsreel collection of funny inv
tions and nutty doings, and should be one of
funniest films of 1980.
Kramer vs. Kramer stars Dustin Hoffman
Meryl Streep as parents in a custody battle o
their son, and is one of the finest films in ye
Little Miss Marker—Walter Matthau and J
Andrews star in this latest version of Dan
Runyan's story. If you like a bit of sentim
you'll like this.
1941—Director Steven Spielberg let this one
out of control.
My Brilliant Career—A lovely and intellig
film, set in Australia in 1897, about a girl ch
ing between marriage and a career.
Promises in the Dark stars Marsha Mason a
doctor treating a young patient. A warm st
about caring and respect.

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French Fruit Sundae: Slice the fruits and spoon them into dessert dishes. Top with a scoop of cottage cheese and drizzle with KRAFT French Dressing.

California plums, peaches, Bartlett pears, nectarines . . . the pick of your salad bar.

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Olivia Newton-John
Has She Found Her Own Xanadu

Her hit songs, TV shows and movies sent her soaring to the top. But her romantic life grows more tangled while the old image changes. By Phyllis Battelle

With a silky voice and deceptively ingenuous girlishness that masks the emotions of a woman, Olivia Newton-John has worked half her life to earn the title, World's Most Popular Female Singer. There was no clawing to the top, though a few hearts were mangled as her career soared—she was always deciding at the last minute that her professional ambitions were stronger than her settling-down dreams. No doubt her gold record, "I Honestly Love You," brought cynical responses from the men she left behind in Australia and England.

But that's the past, and today Olivia's image is so virtuous that even her most straitlaced fans choose to overlook lapses that prove her only human—such as a recently ended six-year liaison with a live-in lover, her manager, Lee Kramer. "That's a horrible, sensational term, isn't it?" observes Olivia quietly, in her clipped, lilting Australian accent. But apt. "Well, yeah," she shrugs, smiling, "I suppose it is."

Olivia concedes that she feels "at a turning point," professionally and personally. This month, to the usual Hollywood hoopla, her second starring movie will open. It is a musical fantasy titled *Xanadu*, co-starring Gene Kelly, in which Olivia sings, dances and acts more extensively than she did in the wildly popular *Grease*. Kramer is the executive producer and once again, millions of dollars are riding on Newton-John's box-office appeal. (But please, she begs, don't lay that guilt trip on her.)

Olivia comes packaged like petits fours—dainty pink sweater, pink an socks with lace cu which she plucks at casionally while sear ing for words. I "Lovely Livvie," as was known when starred on her first show at age 15 in Melbourne, Australia, is a brig kind, complex woman who is willing, if not eag to discuss everything from love—("It is hea breakingly painful to me whenever it ends")— death ("I really try to be grown up about it, bu am terrified of dying"). Hit records and the starri role in the film, *Grease*, for which she reporte received ten million dollars, have made her a mu millionaire who could retire tomorrow and li "rather comfortably, I think," for the rest of her l

Last autumn brought a storm in Olivia's oth wise halcyon existence when she broke off her lo term romantic relationship with Kramer, the gressive, 28-year-old British entrepreneur who six years handled her career and shared her life a six-acre Malibu, California, ranch. Many who not understand Livvie's loyalties were surpris when she chose to keep Lee on as manager—a ironically, this interview was conducted in one the luxurious offices of LK Productions, the Kram company built on the success of his ex-woman.

Olivia admits the decision to sever their relati ship caused a great deal of anguish. "I'm sure bo Lee and I went through every kind of emoti possible. When you live with someone for a ve long time, it has to be difficult." She explai matter-of-factly, her decision to retain *(continue*


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Olivia Newton-John

continued

the artist-management relationship: "We've been through a lot together, so why not? It seems such a shame if, after six years together, two people decide never to see each other again. It's too bad, because when a person is part of your life for so long, has watched you grow and shared so many things, isn't it better to be friends?" Olivia thinks so. "I thought it might be hard, but so far it's worked out well. I hope it can continue."

Right now she is, she says, "at the optimum of happiness." Yet at the age of 31, newly free of romantic ties as well as illusions that "eternal ingenues" like herself can stay on top forever, Olivia is cautiously considering her options.

"Right now, I feel like I'm on a freeway," she muses, "which is straight and going forward. But it has exits. And I can turn off on any side road that I want." The voice is gentle, but firm. "One exit I could take, if I decide to, would lead to my perfect house. Lately, I've found myself doodling little pictures of cottages, with white-washed walls and picket fences. Very old-fashioned, isn't that?

"Inside the cottage I see a happy family, children." Suddenly Olivia grins a dazzling grin. "Ah, you see, you have caught me on a good day. Sometimes when the world situation is bleak, I am very negative and decidedly against having children—poor things, what's the point? But this week I've got through being depressed, and I definitely want a family." She pauses. "But then, you have to find someone to marry first, don't you?"

Olivia mentions that she's seeing a few men, but "none that she'd care to talk about." She doesn't set impossible standards. "I hope not," she says, "or I'll always be lonely. I do have high standards, but I don't expect anything from anyone else that I don't expect from myself. But it's not easy. I'm a little insular in that I don't have enough time to go out and meet many people."

Cheerfully, but candidly, Olivia admits she worries about growing older. "You think, when you're twenty, that you will never get old, that nothing will ever change. Then you stare into the mirror, a line here, a wrinkle there, and you know it *is* going to change."

To an observer Newton-John's delicate beauty hasn't changed noticeably since she plausibly portrayed a 17-year-old in *Grease* two years ago. From the halo of flaxen hair to the ankle socks, she is pure preppie; but she sees the deepening of laugh lines around the mouth.

"It's not just the cosmetic changes that matter," she observes. "You realize that there is a lot of superficiality in relationships. And you want to find someone who loves you for what's inside, so that when the looks begin to go, it won't matter." She thinks about that for a moment. "You see, I am very, very conscious of it [aging] but I don't want to get paranoid and start—you know, there have been a lot of women who were beauties when they were young who have taken to drinking, using drugs, because they can't handle the changes. And I can see how it happens. I just don't want that to happen to me."

It is even harder, she supposes, "if you're used to being the center of attention, as I'm afraid I have been. I have been very, very spoiled, and I imagine that makes it even more difficult. And I want to prepare myself for that. Put down some roots."

Of course, Olivia pulled up whatever "roots" might have been established when she broke with Lee Kramer. What had appeared to be a potentially permanent relationship quickly vanished, leaving Olivia free and "alone"—living at the hilltop ranch with her two cats, eight dogs, seven horses, a housekeeper and caretaker of the animals. Understandably and discreetly, she is reluctant to talk about the relationship. When asked which one of them rejected the other, Olivia gasps, "Well, *that's* a pretty personal question!" But she gamely tackles the answer. Whenever she's been in love, "whether I was rejected or rejecting, I have gone through the same pain each time. It makes no difference who takes the initiative, it hurts." She frowns. "Breaking up love affairs is as low as you can get. And falling in love is as high."

It was in 1973 in Monte Carlo when both Olivia and Lee Kramer were vacationing in the Riviera that they met and fell in love. Lee, often described as a young Robert Redford, was a self-confessed playboy with a lucrative business in London as a wholesaler of cowboy boots; Olivia had just recorded "Let Me Be There," her first disk to become a best-seller in the U.S. A romance between salesman and songstress kindled fast—and within two days Kramer canceled his vacation to follow Olivia back to England. She, meanwhile, broke with her fiancé, a British rock musician who "reportedly went off the deep end for a while." Shortly afterward, Kramer followed Olivia to America.

Both admit it was a tempestuous on-off affair. He came from a conservative Jewish family. "It took a long time for me t get my father to even *meet* Olivia," Kramer has said, because she wasn't Jewish, and because she was an entertainer.

It's doubtful, however, that religiou differences mattered deeply to the lovers Olivia turned her back on religion year ago. She remembers, "I went to a Presbyterian school, and my father was a elder in the church. But when I wa about twelve years old, I began to sli away; I just couldn't accept the way ou minister, our church, answered my ques tions on religion. I canceled my con firmation two weeks before it was due t take place." She has not returned t church since, and feels no guilt about it.

Psychological damage

There also was no guilt when Newton John began living with Kramer. Bu Olivia concedes now that living togethe without marriage may be psychologicall damaging. "I think about that now," sh admits, hesitantly. "When I was younge I was very self-conscious about the idea c cohabitation. But then, as I got older, noticed that perhaps sixty percent of th couples I knew were living together an only forty percent were married. Still somehow society accepts marriage bu doesn't accept living together." Bu Olivia became convinced (she will not sa by whom) that cohabitation was a viabl concept for testing a relationship. "Bu now I'm wondering," she says softly, " maybe you should make the commitmen to marriage in the beginning, and the work on it—rather than live togethe testing each other all the time. Becaus either way, you're going to find thing wrong with one another. And—I'm no really sure of this, but I do wonder—is i possible that you might try a little harde when you're married to keep it together

No more speculation. That part of he life is over, though Kramer still helps pla her life. The wood-paneled wall behin her chair is hung with a dozen Olivi Newton-John records, framed and labele "To Lee Kramer"—gifts from the musi industry to the young man who presum ably guided her toward such hits a "Have You Never Been Mellow," "You'r the One That I Want" and "Hopelessl Devoted To You."

"Lee and I fight about business deci sions," Olivia says, "but I still trust hi judgment, his taste; and he cares abou me. He'll fight for me, which makes ou management-artist relationship a rare one in this town." He is also protective of hi chief breadwinner. At Newton-John inter views, the comforting presence of woman publicist is a stipulated require ment. It seems odd, because Olivia ap pears totally competent to conduct one on-one exchanges with the media.

"Oh, I have a few insecurities," she confesses, "like the fear of dying. Tha really does scare me. When (continued

PERSPECTIVE

By Marylu Terral Jeans

He whose house is burning
thinks all the world's aglow;
his neighbor, eating dinner,
may never even know.

And when my heart was lyng
shattered on the ground,
I thought the world had ended. . . .
you didn't hear a sound.

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get on planes, I think about it a great eal. I guess what frightens me is the ea of *nothing*." If she believed in re-gion, she acknowledges, "I wouldn't be worried, would I?"

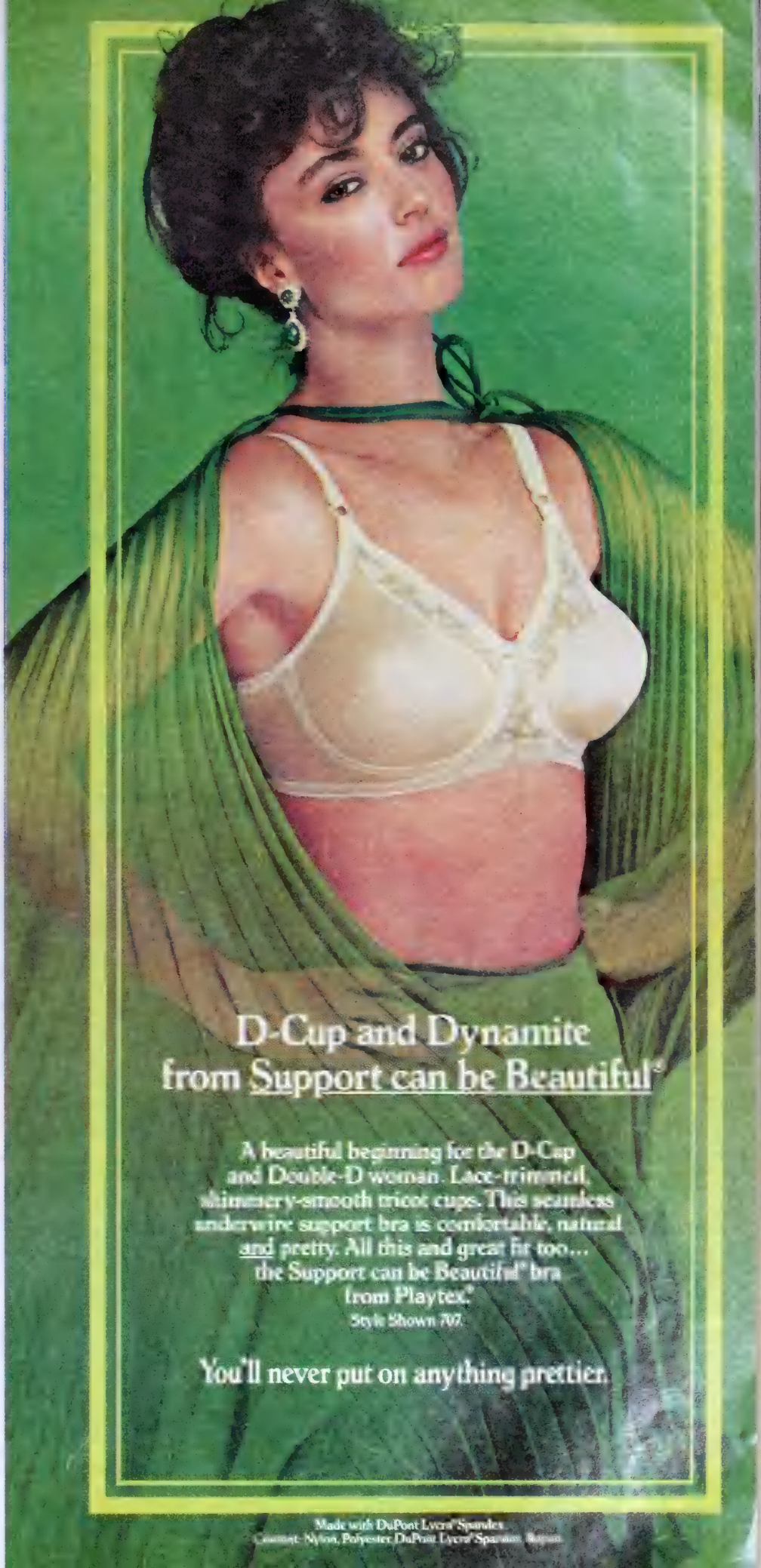
Then there are the nightmares. "I eam very vividly. For years I had a ecurring dream that I was back in a assroom, for an important exam, and I oked at the questions and had no idea hat they were about. The teacher and her students completely ignored me, ade me feel terrible and unwanted, but couldn't pull myself out of the chair."

Detached now

She can be detached now. She hasn't ad the dream in months. Besides, she nderstands it; "you don't fear what you nderstand." The nightmare traces back the days when she was 16 and won a cal talent contest in Melbourne and a V contract, and wanted to drop out of igh school to follow a career. Her par-nts, who had divorced when she was n, wanted her at least to finish high hool. Livvie's father, Bryn Newton-hn, a Welsh academician, was a college an. Her mother's father was Max Born, Nobel Prize-winning physicist. "What I anted to do was definitely against family adition," she says, "and my father—who ad a booming voice—let me know about !" Her father, she says, played classical usic around the house. "For years, henever I heard the classics, I would be pset. The music saddened me, because was associated with disapproval."

But Olivia did succeed in leaving ome, breaking away and claims to be loser to her parents now than when she as a child. They visit her ranch often. When you're young, you don't realize hat these people are the ones who care he most, who really understand—be-ause you have the same roots." The em-hasis on the word "roots" says much bout Olivia's thinking now. Although she id leave home at an early age, worked er way to England and became a singing tar, she's clung to the values instilled by strong-willed, well-bred family. She redits them with her refusal to use un-adylike language, smoke, drink more han wine—"a half-glass actually gets me igh." She rarely attends Hollywood par-ies, she confides, because drugs are ommonly used and she rejects them.

Perhaps Olivia, who has put most of er energy into forming her successful areer—she's won several Grammys and ther music honors, including the OBE, Order of the British Empire, bestowed ast year by Queen Elizabeth—is ready ow to pass on the values she has come to ppreciate to children of her own. Though as she herself says, she'll have to ind someone to marry first. **End**



ban



Just a reminder, Ban Roll-On stops wetness better than any leading anti-perspirant spray.

FIFTEENTH IN A SERIES OF PERSONAL STORIES



"My Children Were Using Me"

By Ann Smith

Our children were grown with children of their own. My husband and I decided it was time to start planning the second stage of our life together. We looked forward to doing all the things we'd put off for years in order to raise our family. I'm only 43 years old, young enough to go back to college if I wanted, or get a job I really like. It would be nice, I thought, to have some extra money to do the traveling Chuck and I have talked about for so long.

There were so many exciting possibilities, but somehow our plans went awry. My two daughters and my daughter-in-law had other ideas. They saw Grandma as a made-to-order baby-sitter—on call whenever they needed me.

I hadn't realized what a problem this was until one evening recently when Chuck and I were about to go out to dinner. The telephone rang just as we were leaving.

"Don't answer it, Hon," Chuck said. "It's probably one of the kids asking us to baby-sit."

Chuck was right. It was Lynn, our 24-year-old daughter, who wanted us to watch her son David while she and her husband went to a disco. She was shocked when I told her that we had already made plans. It was my turn to be shocked when she asked if we could cancel our reservations because the two of them really needed a night out. Chuck and I had been anticipating this evening for months.

"Honey, Dad is waiting in the car," I told her. Chuck honked the horn. "I've got to go now, but I'll call you tomorrow." Her good-bye was frosty.

Needless to say, Lynn's attitude upset me. I wouldn't have minded helping out in an emergency, or watching the little ones occasionally so their parents could enjoy a night on the town. Looking after my grandchildren, however, had snowballed into a full-time—unpaid—occupation. As we drove to the restaurant, I poured out my resentment.

"Let's not spoil our night out," Chuck said. "But the kids are taking advantage of you, and enough is enough. We've raised our family and now they expect us to raise theirs. They'll just have to learn that we have our own lives to lead—they can't rely on us for everything anymore."

What Chuck said was true. I adore my grandchildren. I was as excited as their parents when one of them cut his first tooth or took a first step. But caring for an infant and an active toddler almost every day left me exhausted. Often I didn't even have a chance to tidy up the toy-strewn house or make dinner by the time Chuck came home from work. My life seemed to be going in reverse instead of forward, as I had planned.

I was willing to share my experience, my know-how and skills with my daughters and daughter-in-law, just as much as any other grandmother. But I don't think it's selfish to want those same strengths to pay off for myself, too. Where had I gone wrong?

I think the problem began when Lynn returned to work after her son was born. I was happy to lend a hand when she asked if I would take care of David for three months until she could make other plans. "Three months" turned into two years.

(continued)

Illustration by Alan Henderson

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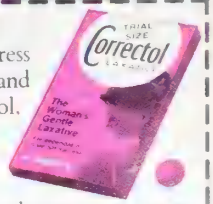
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It's Not Easy

continued

Later, when our daughter-in-law Paula, who's now 22, took a part-time job one Christmas, I felt it was only fair that I agree to take care of her baby, too. When her part-time job became a full-time career, I found I had two children on my hands. Then our 22-year-old daughter Lee hinted that she expected me to baby-sit her newborn baby when she went back to work. Pretty soon I'd have the three of them fighting over me.

Lynn's manner on the telephone was the last straw. I had put out the welcome mat and become a doormat. I had only wanted to help out my children, but now they felt it was my duty. I now was worn out washing diapers, my relationship with my husband was suffering, and my children had become thoughtless and greedy. I had never imposed on my mother this way when my youngsters were growing up. And I was not helping them become mature adults or responsible parents.

Something had to be done—and soon. But short of moving to another state, how was I going to extricate myself from this disagreeable situation without alienating my children? Would I have the courage to tell them how I felt?

I tossed and turned all night, trying to find an easy way out. There wasn't any. I would simply have to come out and explain my feelings to the girls.

My husband couldn't understand why I agonized so much about this decision. "If you don't tell them, I will," he threatened. Though I knew we were right, deep down I still had a trace of guilt. After all, it was partly my fault that the situation had gotten out of hand. Maybe the girls didn't realize how this was affecting our marriage. Chuck and I actually had even less privacy than we had when our own kids were growing up. I hoped they would sympathize.

No longer available

The next day I invited the three of them to my house. As I poured the coffee and passed the doughnuts, I mustered my courage. Before anyone could ask what I had on my mind, I quickly explained that I was giving them a week's notice to make other plans as I would no longer be available to baby-sit.

They were stunned. They complained that they could not afford to pay sitters. I felt cruel and my knees were like jelly, but my voice was firm as I reminded them that this was their problem—not mine. If they couldn't afford to hire professional help, they would just have to give up their jobs.

It was obvious they were hurt and angry. Lynn said that "today's woman" didn't stay home and take care of babies.

"Yes, Mother," Lee added, "there's more to life than that." You're telling m I thought.

"You may be right," I said. "But a you saying that you're entitled to a care and I'm not?" They shook their heads no. "It was your choice to have children I continued, "and they're your respo sibility. I raised my children and now want a different life for myself."

No one spoke for a few minutes. Th Paula said she thought grandmothe loved to baby-sit. "We do—sometimes," told her gently. "But for a modern wom you have awfully outdated ideas abo what being a grandmother means," I th added.

Lee said that if I were older, perhaps would have enjoyed my grandchildr more. "I couldn't love them more if were eighty," I countered. "And if I *we* older, I would never have been able take care of them this long."

The atmosphere was strained—we felt ill at ease. I was relieved when it w finally over and they left. I knew th thought I was being heartless. I al knew that in time they would see th they had taken advantage of me.

Eventually each of them worked o their child-care arrangements. Lynn a Paula found perfectly competent bab sitters, and Lee decided that she enjoye being a mother so much that s wouldn't go back to work.

As for me, I'm enjoying my relatio ship with my children and my gran children again. I've gone back to scho to get my degree and I'm thinking turning my hobby, antique collectin into a full-scale business. When my hu band, a building contractor, comes hom from work, he spends hours gardenin and then we have a quiet dinner togethe Our marriage has never been better.

Since we closed Grandma's nursery, w have been able to travel. This year, hov ever, we've decided not to go away. We' too busy pursuing our other projects an we find we'd rather stay at home. **En**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay $250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box INE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.



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55 WAYS TO CUT COSTS

BY SYLVIA PORTER

As a Journal reader you are undoubtedly intelligent and informed enough to be familiar with the obvious ways to slash your living costs in this era of devastating inflation. For instance, you know you'll save by seriously shopping the supermarket specials; buying vegetables and fruits at bargain prices during peak harvest and then freezing if you're afraid to can. You substitute when the price of one food skyrockets while a similar food remains within reason (chicken for veal, as an illustration); limit your driving speeds to 55 miles per hour on highways; avoid start-and-stop driving; concentrate on preventive health care instead of waiting for emergencies to strike. And so on . . .

But there are other not so familiar ways to cut your spending by as much as 30 percent or more without painfully reducing your family's standard of living. For instance, here are 55 of those tips. . . .

1 Watch for differences in quality; don't buy higher-priced items that are not really worth the extra cost. If you're cooking stews, for instance, grade C tomatoes, the lowest, will be just as good as grade A or B, the highest and most expensive.

2 Buy in bulk, but only when you'll use it all. Spoilage and discards can eat up your apparent savings on a broad variety of bulk and "economy" purchases.

3 Give a plus to low maintenance. In recent years many product improvements have concentrated on easy care—ranging from permanent-press fabrics and stain repellents to extra-durable furniture. They're worth the slightly higher price tags that may be attached. But don't pay more for convenience than it is worth to *you*.

4 Learn and memorize the "calendar for bargains," showing the traditional months for bargains. In this month of July, for example, you'll find traditional (and not fake!) bargains in air-conditioners, swimsuits, children's clothing, fuel oil, handbags, hats for adults and children, home appliances, lingerie, men's shirts, radios and phonographs, refrigerators and freezers, rugs and carpets, shoes for adults and children, stereo equipment, summer clothes and fabrics, summer sports equipment, toiletries.

5 Look on the bottom shelves of supermarkets. You may find some wonderful bargains priced far below prices for similar products at eye level.

6 Buy, learn how to use a small, inexpensive, hand-held calculator, and carry it with you on all food shopping trips. You'll keep track of your expenditures as you go and it will help you compute cost-per-measure quickly.

7 Always plan how you'll use your leftovers as you shop . . . and then don't forget to use them.

8 Buy such foods as meat by cost-per-portion rather than by overall price. To find this cost, divide the price of the amount you purchase by the number of portions the amount will supply. As a rule of thumb, you'll get two or three cooked servings from each pound of roast beef, pork, lamb, chicken or turkey, etc. as against only one or two servings from each pound of such fat or bone-loaded meats as rib chops, spareribs, short ribs, lamb shank, chicken wings and backs, T-bone or porterhouse steaks.

At your parties

9 Instead of hiring a bartender, have your spouse (or a close friend) mix the first drink for everybody and then suggest that everybody mix his (her) own after that. People tend to drink less if an over-gracious host doesn't plunge for empty glasses as soon as they're drained.

10 For flowers, buy some pretty greenery and mix in just one or two flowers in the right size vase. The arrangement will look just as good, if not better, than an expensive bouquet.

11 Buy larger sizes of liquor (quarts over fifths, half gallons over smaller sizes). Buy the largest available bottles of mixes, too, and the least expensive varieties of soda, mix, tomato juice, etc. Have non-alcoholic beverages available. More and more people prefer these.

12 Place the bar where your guests aren't apt to congregate, and set the food in another corner. This will draw them away from the bar and toward your food.

House shopping

13 If you're inspecting an older house, ask the seller why he wants to sell, especially if his reasons are connected with the building's problems; what *(continued)*

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55 WAYS TO CUT COSTS

continued

his tax bills are, and how fast they have been rising; how much his utility bills run yearly and insist on seeing actual copies of bills for the past several months.

14 Look at the house both during the day and at night, when it's raining as well as when it's sunny; when it's cold as well as hot.

15 Have the house thoroughly investigated by specialists and exterminators—foundation, basement, roof, heating plant, sewage system, electrical equipment—and get costs of correcting any faults, before you put down a penny.

16 When buying a color TV set, don't skimp on an antenna; it can be worth its cost in terms of improved reception.

17 Don't overlook a TV service contract. Deal only with a reliable store that will offer you the assurance of the services you will need.

18 If your TV set must be taken out to the shop for repairs, get a written estimate of the approximate repair costs, before you allow the set out of your house. Depending on the complexity of the job, the actual cost might vary from the estimate by up to 20 percent. Insist on and keep itemized bills for any and all repairs for reference if the repairs fail to hold up. As with other appliances, see if you can pay for any repairs within 30 days. In this time, you should find out whether or not your set was repaired correctly.

To save energy

19 Clean or replace filters on heating and cooling equipment every 30 days so your system works at maximum efficiency.

20 Vacuum your radiators frequently.

21 When entertaining a large group during winter seasons, lower the thermostats a degree or two before the guests arrive. People generate heat.

22 Let dishwasher-washed dishes dry by air. Turn off the dishwasher after the final rinse and open the door. You can save 45 percent of the energy consumed by your dishwasher by this alone.

23 Select pots and pans with absolutely flat bottoms that cover each burner. More heat then enters the pot and less is lost to surroundings.

24 Take more showers and fewer tub baths. An average tub bath uses 10–15 gallons of hot water, against 8–12 gallons for a shower that is of under five minutes duration.

25 Install a flow restrictor in the pipe of the showerhead to limit the flow of water to an entirely adequate four gallons a minute. This will save large amounts of hot water and the energy used to heat it.

26 Repair any and all leaky faucets—particularly hot water faucets—as quickly as possible. A pinhole leak can waste up to 170 gallons a day; a fast drip up to 970 gallons a day; a toilet leak, up to 3,000 gallons a day!

27 Plug your TV set into an outlet controlled by a wall switch and turn the set on and off with the switch.

28 Apply the same turn-off rule to any and all radios in use.

29 Do not buy a new water tank with greater capacity than you need. Ask the dealer for advice on the size appropriate to the number in your family.

30 Prolong the life of your water-heating unit by flushing the tank once a month to eliminate rust and lime deposits.

31 Use cold water, rather than hot, in household cleaning, whenever you can. Many household cleaning products work better in cold water.

32 Remove one electric bulb out of every three in areas where bright light is not essential and concentrate bright lighting where it is needed (for reading, working, safety).

33 Use one large bulb instead of several in areas where higher illumination is needed. The larger bulb is more efficient.

34 Use fluorescent lights on desks, in the kitchen, laundry and bath. One 40 watt fluorescent tube gives more light than three 60 watt incandescent bulbs.

35 If moving, ask two or three movers to come to your house and estimate costs. Don't forget belongings in the attic, garage, even summer cottage. Refuse to let a mover take an inventory over the telephone.

36 For short moves, do it yourself and save 50 percent or more by renting a haul-it-yourself truck or trailer, which you can now get in almost any size.

37 Limit new car options strictly to the extras you really need. Options can add one-third to the basic price.

38 Never accept the on-the-spot financing offer the car dealer makes. In general, the most expensive sources of auto credit are new and used car dealers, the automobile finance companies that often work with them and small loan companies. Less expensive sources for loans are credit unions and familiar financial institutions. The least costly will be a loan against the cash value of your life insurance policy.

39 Raise the deductibles on your auto insurance. Overall auto insurance will cost you much less even though you'll pay a larger portion of the original expenses if in a collision.

40 If you're driving a car that is more than three years old, consider dropping your collision coverage entirely.

41 Try do-it-yourself auto service centers to repair your car, and if you aren't capable of doing this, give preference to auto repair shops that offer you detailed estimates on repairs, indicate which work may be optional, let you discuss the job with a trained mechanic, and are willing to warrant their work.

42 And most important, cut down on the use of your car by joining a carpool.

43 In any long-term loan contract made in this era try to include a clause which will give you the privilege of prepayment at no penalty to you or at the lowest possible penalty. This will give you leeway to renegotiate your loan when interest rates become more favorable.

44 Don't pay off any loans you might have outstanding at dramatically lower rates than now prevail. Just keep up your regular payments.

45 Before signing papers on your next loan, check whether you are being charged for credit life and credit accident insurance. This insurance is usually not obligatory, and this insurance may be dreadfully overpriced.

46 If your health is impaired, hold on to any old disability policy you may have and if you want to expand your coverage, supplement the old policy.

47 Don't waste money carrying duplicate coverage. Many insurers are coordinating their payments to prevent collecting on duplicate policies.

48 Look into a little-known benefit now available in some disability insurance policies called "income insurance for the breadwinner's wife." This covers the cost of household help if she becomes ill or disabled.

Other savers

49 Time your vacation off-season. Go when the crowds are not. You'll save enormous amounts of money and also avoid being pushed around. Head for less crowded, wide-open spaces across the United States. Or go to New York City while New Yorkers are off summer-vacationing themselves. The same applies to the ski towns of Colorado and the popular resorts of Florida.

50 Buy a vacation "package," which usually offers special rates for stays of a certain span and includes transportation bargains, too. Travel agents can suggest literally hundreds of attractive, money-saving packages.

51 Buy clothes off-season—furs in August, ski outfits in March.

52 Buy standard sizes in the wide range of items that come in small, medium or large size in place of more detailed sizing.

53 Patronize a variety of clothing sellers. Chain stores and catalog houses are particularly good for such staples as jeans. Check discount stores, including army-navy stores and co-ops, for special buys. Look for bargains in factory outlets, thrift shops, resale shops.

54 Do many of the beauty services you consider essential on your own at home. Most beauty salons won't object if you shampoo your own hair, then go for a cut and styling.

55 Watch ads for specials that many beauty salons offer on slow days and in certain months. Often you may get a bargain. Convince your hairdresser to inform you when a sale is in the offing. **End**



"Seven days ago, I had dry patches under my eyes from soap."



"My skin was so dry, I agreed to give up soap and try Dove for seven days."



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Terri Griggs, Lois Friedenreich, Marsha Bayly, and Lillian Milligan are real women, who took a real test: For seven days, they stopped using *soap* and washed their faces with Dove® instead.

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Try it. Put your soap aside and use Dove for seven days. Just seven. See for yourself what Dove's ¼ moisturizing cream formula can do.

MEALTIME EXPRESS

July fireworks: Snappy food tips to make your summer living easier!

Quick Crunch with Corn Flakes

Good old reliable cereal adds munchiness and wholesome flavor. Just: • roll a log of cookie dough in corn flakes; slice and bake. Makes crunchy edges. • toss into dry ingredients for "flakier" pie crusts. • mix with melted butter or margarine; top your favorite vegetable or potato casserole. • concoct a health snack. Mingle with raisins, sunflower seeds, coconut; stir into plain or fruit yogurts. • layer cereal with fresh fruit, pudding or softened ice cream in tall parfait glasses. Yummy dessert. • put a golden-brown coating on microwave oven chicken. • crush corn flakes with brown sugar, combine with butter or margarine. Sprinkle on grapefruit halves. Bake until hot. • dip sliced bread into egg-milk mixture, coat with corn flakes. Bake at 450° for 10 minutes. Voila! Crackly French toast.



True-blue ideas for the little bursting berries. ▪ **Blue Moons.** Fold blueberries into cup of whipped cream; scoop into cantaloupe halves. Dust with grated orange rind. • **Blueberry Shrub.** In a blender purée with ½ cup each grape and orange juice, 1 cup sugar. Fill each glass with ⅓ each: blueberry mix, ginger ale or club soda and crushed ice. ▪ **Parfait Bleu.** Arrange alternate layers of berries with 2 containers lemon yogurt. Chill; serves 4. ▪ **Easy Blueberry Sauce.** Mash 1 cup; add ½ cup sugar, pinch cinnamon; simmer 15 minutes. Stir in 2 tsp. lime juice. Take from heat; add remaining berries. Serve hot over cake, ice cream.

Cold Soups Make 'em from...

Refreshing souper sippers—to cool off your summer. • Frosty Jade. Heat 1½ cups peeled, sliced cucumbers, 1 cup chicken broth, 2 T. chopped onion for 10 minutes. Purée in blender till smooth. Chill. Stir in 2 T. plain yogurt, ¼ tsp. dill. For 2. • Quivering Mushroom. Combine 2 cans consommé, 2 T. lemon juice. Chill until slightly thickened. Fold in ¼ lb. quartered mushrooms, 2 T. sliced green onions. Serves 4. • Garden Pea. Cook 1 pkg. (10 oz.) frozen peas, ¼ cup chopped onion, 2 T. butter, ½ cup water, 1 tsp. salt and 5-6 lettuce leaves for 3 to 5 minutes. Add ¼ tsp. mint; cook minute more. Purée in blender with 1¼ cups chicken broth. Stir in ½ cup cream. Chill. For 4. • Icy Melon. Purée 1 ripe peeled, seeded honeydew in food processor or blender with juice of 2 lemons. Stir in 2 tsp. chopped mint, dash cinnamon. Chill. Stir in ⅓ cup plain yogurt, ⅓ cup cream. Serves 4.

Photographs by Joel Baldwin

STAR QUICKIE

CORNY BEEF PIE

Bake a 9-inch frozen pastry shell. Brown 1 lb. ground beef with 1 T. cornstarch. Stir in 1 can (8 oz.) tomato sauce, 1 can (12 oz.) corn with peppers, 2 tsp. chili powder, dash salt. Cook 2 minutes. Spoon into pie shell; sprinkle with ½ cup grated Cheddar cheese; bake at 400° for 15 minutes. Serves 4.


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Beauty Journal

Enjoy July! Relax, with an exercise to unwind, plus playful pencils and zingy summer scents.

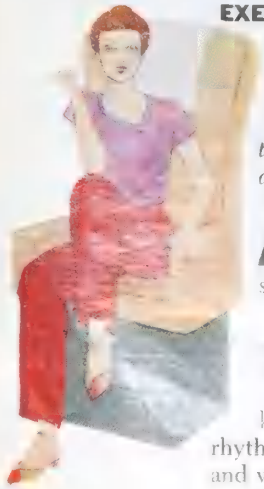
PENCIL STORY

Must-haves for an easy summer—**pencils.** Let's take a look at their good points (!). A cinch to carry, pack. Lightweight. They slip into the tightest spaces, like the back pocket of your jeans. Plus they don't smear, slide or spill. Once a beauty oddity (mainly filler-inners for brows), there are now makeup pencils for everything under the sun. For eyes—shadows, liner, brows. Cheeks. Lips—lipsticks, liners. Concealers, highlighters. Some do "double-duty." Experiment. For example, try your blusher pencil over your eyes. Or your ruddy brown pencil eyeliner (but not if it's blue or green) can switch to line your lips. And some pencils come with a sponge tip at the far end for smoother blending. Others offer coordinating colors at both tips, or two-in-one. For care and treatment of pencils, here are some helpful hints: • Buy the right sharpener when you buy the pencil. Pencils are mad an astonishing variety of sizes. With a fraction of difference, you can end ruining your pencil tip. • Be gentl the act of sharpening. Remember— inside of a pencil is makeup. So don't the crayon into the sharpener. • Sharpen only when al lutely necessary. Most likely, you don't need a fine p • Keep them orderly. With a bunch of pencils, contain th upright in a pencil holder on your vanity or in the bathro • Don't leave pencils out in direct sun or even in a bag sit in the sun. They'll get runny. • If a pencil becomes too and mushy, refrigerate 10 minutes before apply • Conversely, if the pencil is too hard and scratchy, ru under hot water for a minute or two until it becomes nice slippery. • When slicking on, a light touch is needed underplay (not overplay) your hand.

SCENTS THAT REFRESH

Fragrance rule-of-thumb: the warmer the weather, the lighter the scent. It's elementary. The heat of your body and the heat of the day expand the impact of what you wear, intensifying everything. So—stash away winter heavies (in a cool, dark place) and splash instead with lighter colognes, toilet waters. Store in the refrigerator for extra tingle and shiver. More suntime tips: • Be generous . . . and a little devilish. Mist everywhere . . . in your hair . . . inside a shirt . . . along your hem. Dab the tip of your nose or palms of your hands and whiff. • Spray feet, right through stockings. • Spritz the felt pad inside your air conditioner with fragrance. • Stick little scented cotton balls inside bed pillows, couch cushions. • Stay away from perfumes and the like when sunbathing. It changes your skin's chemistry, attracts insects. • Take fast showers; use a body powder to absorb moisture. If you bathe, pour in a lavish bubble bath. • Change shampoos; find one with a more summery scent. Perhaps, herbal or delicate flowers.

EXERCISE OF THE MONTH



Q. *Can you suggest an exercise that can be done in a confined area? I'm planning a trip to Europe—and dread that long flight. My legs swell, my back aches and I get so restless!—L.B., Sycamore, Ill.*

A. Try this . . . whenever you have to sit in one place for any length of time (on a bus, train, plane, car, etc.). Lift your right knee as high as possible and reach out with your left elbow—until they meet (as illustrated). Alternate with left knee and right elbow. Do swiftly and rhythmically; repeat 30 times. A tension-easer and whole body energizer.

SUMMER BANDS



Q. *Is it possible to get a daytime look without changing classic hairstyle too much S.H., Rye, N.Y.*

A. Couldn't be easier just slip on a simple h band for a look that's fresh, contrived. Especially to ne fly-away hair (more on this, 94). Choose vivid plastics or the "preppie" tortoise shell. Or find great in any variety store and personalize them—pin on flo (fake) or wind with bright ribbons. Here, straw band plaid bow, by Riviera.

JULY FINDS

New things for a beautiful summer . . . hard to resist. Fo • Groomer-to-go. Hot rollers (8), ready to curl into actio 1½ minutes. Compact for travel; worldwide voltage. Cl Set-A-Way, $40. • Sand dunes. Get the drift on a summer with a new nail shade, colored in the warm hues perfect beach. Called Seashell, Lancôme Nail Lacquer, $ Get the message across. Pencil on your makeup (see s above). Cheek pencil has sponge applicator; lip penc brush. Colorblend Soft Pencils for eyes, cheeks, lips, br by Charlie; $4.75-$5.75. • Notice how the slightest brings out your eyes? Added lift: shimmery eyeshad Favorite. "Gilded Teal." Flame-Glo Slim One for Eyes • On your mark, go. Nonstop mascara for the sports-min Waterproof, smudgeproof. Cover Girl Marathon Mascara, $ • Brush away your troubles. The pro way of putting on tain makeups is with a fine brush. No hard lines. Profess Makeup Brush Set by Maybelline, $3.75. • First aid Set up a barrier on your skin to guard against sun/windb New Active Aid Medicated Protective Shield from Avon



Border by Julia Noonan. Drawings by Thea



For my skin it's a never ending race against sun and wind."

That's why I always rely on Vaseline® Intensive Care® Lotion."

"I train hard every day. And I run into more problems than just my competition on the track. Hot sun and wind make my skin rough, dry and chapped. So after a workout I take a shower, then head straight for my Vaseline Intensive Care Lotion. And in just a few minutes it makes my skin feel great again."

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At 9mg. 'tar' we are lighter than all these.

20 mg. 'tar' [illegible] mg. 'tar' 11 mg. 'tar' 11 mg. 'tar'

100's: 9 mg. 'tar', [illegible] mg. nicotine av. per cigarette, FTC Report [illegible]

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Bashful about your body? Always battling over money? Wondering when to have a baby? Everything you wanted to know (and were afraid to ask) about your newly married state.

By Theodore Isaac Rubin, M.D.

When the Honeymoon's Over

My husband and I have been married only a short time and we have sex fairly often. Though I enjoy our lovemaking, I don't always have orgasms. Is that normal?

I think we spend much too much time and energy worrying about what's "normal," especially when it comes to sex. How often you make love, and what you expect to get out of it, are highly individual matters. It *is* important, of course, that you feel satisfied—neither husband nor wife should suffer chronic frustration. But it may take a little time for a couple to get comfortable together. Once you've shed that initial anxiety about how well you're "performing," you'll probably find greater (and more frequent) fulfillment.

My wife and I are always fighting about how to manage our money. Isn't there some simple formula that newlyweds can use to straighten themselves out?

No! Since a couple's money problems usually reflect the pattern of their whole relationship, there's no single answer that's right for everyone. More often than not, those fights about finances are really a sort of power struggle. In some marriages, for instance, money is withheld or bestowed by one partner to "punish" or "reward" the other. Or an excessively dependent wife may be given an "allowance" by her more dominant mate. Advice from a budget expert might relieve some of the financial pressure. But with the help of a good psychotherapist, you may be able to uncover the emotional roots of those problems, and find a more lasting solution.

My husband and I are thinking about starting a family. We don't want to begin too early, but we don't want to leave it till too late, either. When *is* the best time to have a child?

I can't give you any hard-and-fast rules to follow—there's simply too much variation among couples. If you want only one or two children (or you're not sure you want any at all), it may be better to wait awhile. And although most obstetricians and gynecologists say the physical risks of pregnancy and childbirth are lower for young women, "older" mothers usually do just fine, too. The key factor here, I think, is emotional maturity, not how old you are or how long you've been married. For any couple, the "best" time to have a child is when they're psychologically prepared for parenthood.

I'm not the voluptuous type—my breasts are very small—and I'm afraid my husband might feel he got a bad bargain when he married me, even though he says he loves me just the way I am. Is this unusual?

Not at all. In fact, feelings of physical inadequacy are quite common. Many small-breasted women think they're not sufficiently feminine or sexually responsive. And many men believe their potency will suffer if *their* bodies don't "measure up." Where do such misconceptions come from? Well, a negative body image is usually a reflection of low self-esteem—a general sense of failure that may date back to childhood. Because a woman's parents were hypercritical of her apearance when she was a girl, for example, she has felt unattractive ever since. Or, for a man—especially one with a powerful drive for achievement—physical insecurities often become heightened when he is experiencing difficulties in his business or professional life.

During our engagement, my wife and I were always able to find plenty of time for lovemaking, despite the fact that we both had demanding jobs. Since our marriage, though, we're frequently too busy or tired to have sex so often. Is this a sign that something's wrong with our relationship?

If a couple isn't spending enough time together, in bed or out, any marriage can become stale. That doesn't mean you have to put your lovemaking on a schedule. But sexual intimacy *is* just as much a necessity as other, more mundane aspects of your existence, and you mustn't let it be crowded out by work pressures or household chores. Why not sit down and talk about it? Once you have a clearer sense of your own priorities, you'll probably find a way to make room for a richer, more satisfying sex life.

One night, while my husband and I were making love, our two-year-old daughter woke up and wandered into the bedroom. I'm worried about how this might have affected her, and I want to make sure it doesn't happen again.

It's no catastrophe—indeed, the experience you describe is practically universal. It is true, however, that such incidents can be confusing to a child, stirring up anxieties that may persist into adulthood. What can you do to prevent future "surprises"? I think the best approach is to stress the importance of privacy. There's nothing wrong with telling your little girl she must knock before coming into your bedroom. Then, when she's a bit older and wants "a room of her own," you should be sure to respect *her* need for privacy, too. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Alive and Fat and Thinning in America" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

THE LUCKY WATCH

What is the secret of overcoming fear and gaining confidence? A mother and daughter both fi out, and learn t love is essential, A short story by Madeleine Costi

"Your arm's as good as new. See, not even a scar," Doctor Cable said to Julie when he removed the cast from her arm.

Even then Julie looked at me doubtfully before she inspected her arm, taking care to flick off any stubborn flecks of plaster dust that still adhered before she solemnly agreed. As she skipped happily ahead to the waiting room, Doctor Cable turned to me and said with a grin, "Thought she was going to demand a second opinion there for a minute."

That was three weeks ago. Now as I sat watching winged seed pods of maple leaves glance off the windshield, waiting for Julie to gather up her school books, I wondered if there was a scar after all—invisible, but there all the same.

Normally on a blue and gold day like today, Julie wouldn't miss riding her bike to school, but ever since she'd fallen on the way home one afternoon and broken her arm, the shiny *(continued)*





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You get two delicious tastes in every spoonful.

Introducing Pudding in a Cloud. A delicious dessert with a delectable taste that you and your family will love. You get the luscious taste of Jell-O® Brand Instant Pudding surrounded by the great fresh taste of Cool Whip® Non-Dairy Whipped Topping in every bite. That's two great tastes together in every spoonful... right down to the last spoonful.



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Swirl in the Cool Whip, and spoon in the Jell-O Instant Pudding. It's that easy to create a dessert masterpiece. And it's so delicious you'll want to try making it with all your favorite Jell-O Instant Pudding flavors.

Pudding in a Cloud

2 cups thawed COOL WHIP® Non-Dairy Whipped Topping

1 package (4-serving size) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling*

2 cups cold milk

Spoon ⅓ cup of whipped topping into each of six dessert glasses. Using back of spoon, make depression in center and spread topping up sides of glass.

Prepare pudding mix with milk as directed on package.

Spoon pudding mixture into glasses. Chill.

Makes six servings.



or any other flavor

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THE LUCKY WATCH

continued

silver bike sat untouched in the garage.

"Best not to rush her," Sam and I had agreed, but at the breakfast table the beckoning day seemed so lovely, I risked asking, "Are you sure you wouldn't rather ride your bike to school?"

Julie's face clouded as she turned her eyes skyward, perhaps hoping for clouds there also. "It might rain," she said.

I thought rain was about as likely to fall as the sky was, but I couldn't push her. "I'll drop you off on my way to work," I told her instead.

The back door slammed and Julie scurried out looking almost waif-like, her thin arms hanging out of last year's fifth-grade basketball jacket, which was already threadbare. Its rattiness seemed only to enhance its attractiveness in Julie's eyes, and she wore it everywhere. I wished she wouldn't wear it to school but said nothing as we drove off in a scattering of feathery spring green.

I used to look forward to these times together in the closed space of the car while Julie regaled me with the unexpurgated version of her day. It still was that way with eight-year-old Timothy, but what Julie and I had between us now were silences, companionable ones sometimes, but nevertheless silences.

"What a great day," I said, enjoying the special softness of the spring air, and also filling the silence.

"Did you ever notice how many times you say 'great'?" Julie asked.

I did now. "Great is a great word," I said with a smile, but Julie only sighed. Okay, I thought, it's not such a great word.

Unlike me, Julie had always been a lighthearted child; running eagerly into the ocean, taking a big bite of her first persimmon, hopping with confidence on the new silver bike. Not foolhardy, she was even cautious in her way, but possessed of an easy buoyancy that carried her through disappointment when something turned out to be a mistake. That persimmon, for instance.

I'd been a fearful child, always looking before leaping; refusing to talk to strangers, even policemen (they might be impostors), prudently anticipating the cloud in the silver lining, the worm in the persimmon. I was determined not to be a fearful mother. But had I perhaps, however unwittingly, transmitted my attitude of fear to Julie after all?

We stopped at a light, and I watched a little boy ride by on a bright red bicycle securely balanced by training wheels. Julie was also intently watching.

"Don't give her any advice," I'd advised myself, but I couldn't resist. "Why don't you give those old training wheels of yours a try?" I suggested.

"Mom, I'm too old for training wheels."

At 11, there were so many things Julie was too old for. Being too old was such an important part of being young. For the rest of the ride a discreet silence stretched and tightened between us. But at the school yard she turned and waved, using the recently reclaimed arm, I was happy to see, before she joined one of the knots of children that dotted the yard.

I looked at my watch, a battery operated monster, absurdly shaped like a four-leaf clover. Julie and Timothy had won it at the carnival last summer and had my name engraved on it—Laura Winfield West. They called it my lucky watch. It kept good time and hadn't turned my wrist green, so maybe they were right.

I didn't have a minute to spare. Mr. Plumly planned to leave me literally in charge of the store today while he went to a pre-auction exhibit of an important farm collection. Plumly and North sounds like a law firm or a real estate office, but it isn't; it's an antique clock shop. Unfortunately it looks more like a junk shop. Every flat surface is covered. As I've tried to tell Mr. Plumly, I've been to better organized rummage sales. I love my job, restoring and repairing clocks, and have a lot of ideas about organizing this place, but Mr. Plumly resists organization. In fact he resists all change—as anyone who asks him to electrify an antique clock soon discovers. Even though Charles North died years ago, the sign over the shop still reads Plumly and North.

This morning, as I entered the shop, he was eager to be off to the exhibit. He considered it his big chance to thwart Evan Whitcomb, his arch-competitor. Rumor had it that a Caleb Chandler grandfather's clock had been discovered on the farm. "Finds" like that excited Mr. Plumly. More than once he'd returned from an auction with a dilapidated clock and challenged me by saying, "This one needs a magician, not a restorer."

Mr. Plumly did consider me something of a magician, especially since I'd restored two eighteenth-century clocks Charles North had labeled hopeless. He paid me well, but what I really wanted, even if it meant less money for awhile, was to share in the business. In my daydreams, the sign over the shop read Plumly and West. I fantasized different ways of approaching Mr. Plumly about this. In one I marched up to him and said breezily, "High time this business changed directions, don't you think?" What bothered me was, as long as I felt the way I did and didn't say anything, wasn't I still being the fearful child, no matter how much I pretended not to be?

"Now don't be making any of your 'improvements' while I'm gone," Mr. Plumly warned as he left.

I promised not to change a thing. I spent most of the day removing scars from a cherrywood mantel clock, but I kept thinking of Julie and feeling frustrated because I could think of no way to restore her confidence. Or was *that* a task that required a magician, not a restorer? I was working on a black marble clock when Mr. Plumly bolted through the door looking as annoyed as if I'd electrified every clock in the shop.

"Evan Whitcomb was there," he said, his voice wound tight. "I didn't go near the Chandler clock. I couldn't let him see I was interested in it."

"You can't just let it go."

"No, I can't." He looked out at the street. Then he swiveled sharply, pinning his eyes on me, "Whitcomb wouldn't know you. I'll have to send you."

Send me? Until now the only sale I'd negotiated was the purchase of some turn-of-the-century schoolroom clocks at a flea market. The idea of bidding against Evan Whitcomb on a Caleb Chandler clock appalled me. I felt a sudden longing to stay where it was comfortable and safe and no danger of failure. Out of the corner of my eye, I noticed the rhythmic slightly mocking sway of the sign that hung low over the shop—Plumly and North. I knew I was going.

"All right," I said to Mr. Plumly, surprised that my voice sounded calm.

"I won't forget this," Mr. Plumly promised.

I was sure he wouldn't.

Julie arrived home from school looking purposeful. It was in the set of her shoulders, in the firmness of her walk and especially in the precise way she announced what was on her mind.

"There's a bike hike to Lemon Hill Saturday," she said. "I'm bringing the sandwiches."

That's great, I almost said but bit my tongue just in time. As soon as I said something was "great," it was sure not to be. I watched through the window as Julie opened the garage door and wheeled the bike up a slight hill to level ground. Was that all there was to it? She just had to make up her own mind to get on that bike? Wait, let me hold it for you I felt like calling, yet sensing that was the worst thing I could do. Somehow I managed to keep still, not call or reach out.

Julie's shoulders were hunched over the bike. Her dark hair had fallen to one side and the skin on the back of her neck stretched thinly over her bones. She continued to walk the bike up and down the driveway without getting on, and I sa that no, that was not all there was to it.

"I think it needs air in the tires," sh said with an elaborate shrug when sh came in, but she didn't quite pull it o Without warning, something in her fa seemed to give; her chin crumpled.

What could I tell her that would me something? "Just take your time, Jul Nobody forgets how to ride a bike." H shoulders were shaking under my han "I forget how," she said *(continue*



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THE LUCKY WATCH

continued

tearfully, "and I don't *have* time. The bike hike is on Saturday, and I'm bringing the sandwiches."

When she was little, I could say things like, "We have plenty of time until Saturday, this is only Thursday," but at 11, Julie was only too aware of exactly how much space there was between Thursday afternoon and Saturday morning. There were lots of things I could do with clocks, but putting more hours between Thursday and Saturday wasn't one of them.

In a further effort to distract her at dinner, I talked about the auction and why Mr. Plumly was sending me. "Just like being a spy or a secret agent," Julie said, immediately intrigued.

"You look more like a mother," Timothy asserted. "But maybe you could be an impostor, pretending to be a mother."

Even Sam joined the game. "Mata Hari," he said. "Can't think of why I didn't notice the resemblance long ago."

Their chatter made the auction seem more like high adventure or a masquerade ball than an ordeal. When I poured the coffee, the rhinestones in my watch twinkled in the light of the chandelier. I thought of something else. Who would expect a clock restorer to wear a battery operated, radium painted, rhinestone, digital watch in the shape of a four-leaf clover? No one, and especially not a fine clock dealer like Evan Whitcomb. To Julie and Timothy all I said was, "I'm glad you gave me this watch, I think it's brought me luck." But by the time I slipped it on Friday morning, I felt as though I were slipping into a disguise.

Today was rainy and gloomy. I had only a smudged, handwritten map of Mr. Plumly's to guide me for the two hour drive to the Hamlyn Farm. When I arrived, the bright red paint of the Hamlyn barn seemed reassuringly cheerful in the gray morning—until I stepped inside and had the disorienting impression that I had somehow entered the mysterious world of the Arab bazaar.

Aisle space was narrow, made narrower by the oppressive dimness of the barn. My watch glowed like a tiny beacon as I picked my way past heavy chests and tasseled floor lamps until only an oak highboy blocked my view of the clock. Even at this distance nothing could blur its graceful proportions and design. The casing was slightly scarred, I discovered, as I edged my way around in order to get a closer look. Then abruptly, a voice beside me boomed. "I know you. You're the restorer at Plumly and North."

I looked up at a florid, creased face with two huge dark eyes daubed into it. So much for Mata Hari and her disguise.

"I'm Evan Whitcomb," he continued.

"Laura West," I said.

Why hadn't I anticipated this possibility that even though I had never met Evan Whitcomb, he could have seen me at the shop? If I lost my job over this, I'd know not to take up espionage.

When Evan Whitcomb wandered over to a grouping of railroad clocks, I headed toward the Chandler, commanding myself not to even pause in front of it. As I came within full sight of it, one look told me why Jonathan Hamlyn had left it to mold in the barn: The clock had been electrified! Buying it now would be like buying a book for its cover, or a picture for its frame. I thought of Mr. Plumly and his resistance to change, and for once fully agreed with his opinion of "improvements."

A now familiar voice boomed again in my ear. "Seems like we came on the same wild goose chase," he said companionably. And then more sadly, "A magnificent clock like that turned into a husk."

Only a few minutes ago Evan Whitcomb was the person in the room I most feared. Now he was probably the person who most shared my dismay at what had happened to the Chandler.

He left early. I stayed. Long enough to acquire a bronzed looking-glass clock that was in terrible condition but too much of a bargain to pass up, and long enough to see what became of the Chandler. It was carried off by two young people from a theater group who planned to use it as a prop. As I drove back over the rainswept roads, I hoped the Chandler clock made it to Broadway.

After the cave-like dampness of the car, I was relieved to be back in the warmth of the shop, surrounded by the comfortable clutter of the clockfaces.

"Electrified it, did they?" Mr. Plumly's face jutted forward, his eyes narrowed into such a squint I thought he was having trouble seeing me. "What a waste."

"I knew you'd be disappointed."

"Not half as disappointed as I'd be if you bid on it without finding that out." Then he smiled. "Next time maybe you'll bring back one in mint condition."

Next time. That sounded good. I was still savoring that when Mr. Plumly turned his attention to the looking-glass clock. "Hmph," he said, "this one needs a magician, not a restorer."

They were the magic words all right. I looked at the clocks and decided this was the right time. "About that sign over the shop," I said. "I have an improvement to suggest—Plumly and West."

Mr. Plumly's eyebrows arched slightly and he looked around as though consulting the clocks for advice. They continued on their course, echoing my words as they did—"An improvement to suggest, Plumly and West." At least in my rehearsals I'd had the sense not to rhyme.

Mr. Plumly finally said, "I guess it is about time I had that sign repainted."

As if on cue, the clocks started to chime. I would have heard bells anyway. I wasn't surprised to see the sun come out, at first in flickering patches, then bright and strong.

"After that, the whole thing went like clockwork," I said to Timothy and Julie when I got home. "I'm a partner, not a full partner, but a partner all the same."

"You look more like a mother," Timothy said.

But Julie was impressed. "Wow," she said, "that watch really did bring you luck." And then that purposeful look came back into her face. "Can I borrow it?" she asked.

I hesitated. I knew what she had in mind, but it was one thing to talk about a lucky watch, something else to let a child believe it would actually protect her from falling while she rode a bike.

"I only want it to use while I ride my bike. I'll give it back," she promised.

She already knew how to ride a bike. All she needed was confidence, and if the watch gave her confidence . . . but I didn't like the idea of it. Still, how could I refuse her? I handed her the watch.

She slipped it over her small wrist and halfway up to her elbow, where it looked secure, then she flashed me a happy smile and was out the door. After a few wobbly turns around the driveway, she rode easily, even during a wave of the newly mended arm that sent my head lurching. The wave also sent the watch sliding to her knuckles, and she scooped it into her jacket pocket. As the silver bike glided gracefully out toward the road, the watch fell to the ground. Julie seemed not to have noticed and was now pedaling steadily up Wister Hill. The bike hung at the crest for just a moment before it disappeared on the other side.

I picked up the watch, half-hoping to discover it would need a magician, not a restorer, but no such luck. It was working. Not necessarily like a charm. But working. I put it on, and was in the kitchen peeling potatoes for dinner when Julie returned, her face glowing. She reached into her pocket, looked briefly puzzled, then reached into the other one.

"The watch fell in the driveway," I explained, holding it up for her to see.

"You mean I rode up Wister Hill without it?"

"That's right."

She thought that over a minute and a reflective look came into her eye. "I guess I didn't need any lucky watch after all," she said. "How about if I ride up to the delicatessen and get stuff for sandwiches now?"

"That would be great," I said boldly, "really great." I didn't care how many times I said it. I wasn't afraid of anything right then, not even that most fearsome of all things to all mothers: a daughter's opinion. What a great feeling! E

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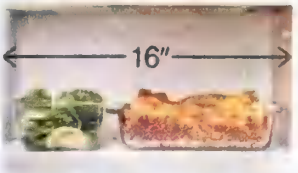
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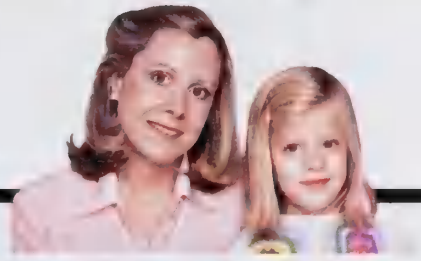
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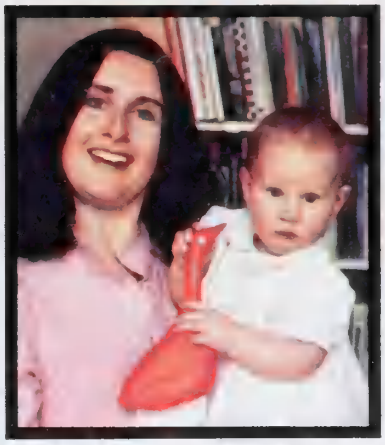
By Geraldine Carro

ON THE GO — WITH BABY IN TOW

Don't stay put this summer. Take a trip, take the baby along—and still have fun. Here's how.

Everyone thought it was sheer insanity to take a newborn on a business trip. But Franny Burck felt she couldn't leave her nursing baby behind. She also felt she couldn't disappoint her publishers, who had scheduled her for a five-city tour to publicize her new book. So four-month-old Abigail came along for the two weeks of press interviews and public appearances. We are happy to report that both mother and baby are back home and doing well, and that Franny has agreed to discuss a subject for which she now has excellent credentials: traveling with a baby.

"Learning to be mobile with your baby is a crucial skill," says Franny Burck, author of *Babysense: A Practical and Supportive Guide to Baby Care* (St. Martin's Press: N.Y. $9.95). "It's crucial for your sanity as a parent to be able to get out and feel you're part of the world. It's also a necessity. In order to keep your life functioning, you've got to feel free to come and go with your child."



Acquiring that sense of freedom isn't always easy, especially for first-time parents. It certainly wasn't easy for Franny. When her first daughter, Caitlin, now four, was born, it took Franny three weeks to work up the courage to take her baby to the supermarket. "I had this free-floating anxiety. I was sure something awful would happen, that we'd get hit by a truck." The only disaster was that Franny forgot to buy eggs.

"In the beginning you worry about everything," she says. "You worry what people will think if the baby cries or if the baby naps in a strange place or that you'll forget to take enough diapers along."

The cure for such anxieties? "Practice," says Franny. "The first few trips are the hardest. You quickly learn that babies are more flexible than you think. They'll sleep almost anywhere, and if they don't, then they may be perfectly happy staying awake. You also find that most people are very sympathetic when a baby cries, and that you can always buy more diapers if you run out."

"Take it on faith," she says. "Take the plunge. And if you do have a bad experience, it's like falling off a horse. You just have to get back on and try again."

Whether you're planning a two-week vacation or a one-day excursion, summer is an ideal time to travel with your baby. You worry less about inflicting a fussy baby on others when you don't have to be cooped up indoors all day long. The logistics are simpler in warm weather, too. You don't have to pack heavy clothes, for instance.

Logistics, in any case, are the key to traveling with a baby, according to Franny. Although she travels freely with Abigail, there's nothing carefree about her approach. She plans each trip as if it were a minor military campaign, trying to anticipate each move she'll have to make: "I always try to figure out where I can change Abigail's diapers and when I can nurse her. It's not complicated to think things through," she says. "It's just logical."

Another standard strategy of hers is to pack her suitcases well ahead of time to make sure she can carry both Abigail and her luggage. "Never take more than you can handle yourself," she warns. "At airports, for instance, you can't count on getting a porter and you may have to walk a quarter of a mile inside the terminal to your plane. The whole idea is to plan your trip carefully and do what you can to make traveling easier on yourself."

With vacation time upon us, we asked Franny for specific tips for parents who want to be mobile this summer. She arrived in our offices with Abigail tucked into a front pack and wearing her best party dress (see above). Here's Franny's advice, some of which is drawn from *Babysense*, her compendium of tips that she gathered by interviewing over 500 parents.

Choose a summer vacation with your baby in mind. In theory, you can probably manage almost any type of vacation with your baby, including a nomadic camping trip. But are you sure you want all the hassle? The vacation that's easiest on you would be one that allows you to stay put most of the time. You'll avoid lugging baby equipment from place to place, and will find it simpler to adhere to the baby's routine. A rented house or cabin is an *(continued)*

Photograph by Geraldine Carro



Mothering

continued

ideal place to relax. If you are planning t visit a relative or friend, here's how t make your stay a smoother one:

- Unless your hosts have small childre plan on baby-proofing their house whe you arrive. Warn them beforehand th the ashtrays will have to come off th coffee table. Bring along blank plugs fo exposed electrical outlets. A portab mesh gate for the stairway is a good ide
- Warn your hosts, too, that you won't b able to go out every night and leave yo baby with a strange sitter. If you do pla to go out, ask their help in locating sitter before you arrive.

What to take with you. You may n have to pack as much equipment as yo think. You can usually rent a crib an high chair. Do take a front pack for ea mobility and a car seat, an indispensab item that most likely can't be rented.

Health care away from home. There no reason to be anxious about your baby health when you're traveling. There a excellent medical facilities almost ever where. But do take the precaution talking to your pediatrician about yo vacation plans. Discuss ways you can pr tect your baby from sun and insect bite You may also want to get the name of pediatrician in your vacation communi and the location of the nearest hospit emergency room.

Getting there. "If you're traveling wi a baby," says Franny, "take the most co fortable mode of transportation you c afford." She prefers trains over buse and planes over all because they're th quickest way to go. If you're traveling b car, it's best to drive at night, while th baby sleeps. But if you must be on th road during the day, try to start off ju past the baby's naptime so that he's like to fall asleep. Do choose your travel tim carefully. Avoid peak traffic hours, a leave on Thursday rather than on Frid or Saturday when everyone else is tryi to get out of town too.

Even with the best-laid plans you still have to improvise. "Most plac aren't set up for babies," Franny warn During her publicity tour, she remem bers, while waiting to be interviewed a Detroit radio station, she couldn't find place to change Abigail. The show's ho offered his coat to lay on the floor and u as a changing table. "People were terri on the trip," says Frannie.

The nicest part about traveling w her baby, Franny found, was all th warmth she encountered from othe "Most people like to be around babies it makes them remember pleasant thin from their own childhood," says Fran "When you're out in the world with yo baby, you're out spreading joy." E

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The Guacamole Ring

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2 Tablespoons lemon juice
1 teaspoon salt
½ teaspoon garlic powder
½ teaspoon hot pepper sauce
4 medium California avocados, peeled, seeded, mashed
¼ cup finely chopped onion

In small saucepan, sprinkle Knox Unflavored Gelatine over cold water; let stand 1 minute. Stir over low heat until gelatine is completely dissolved, about 5 minutes. Stir in lemon juice, salt, garlic powder and hot pepper sauce.

In large bowl, using wire whip or rotary beater, combine gelatine mixture with avocados; stir in onion. Pour into 5-cup ring mold or individual molds; chill until firm. Serve as an appetizer salad or as a spread for crackers. Makes about 5 cups.



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MERIT 100's better
ther cigarette I've

—Mrs. Herbert P. Moore
Jackson, Mississippi

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pleasure,
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mbrook, Illinois

er tar but still
good cigarette."

—Charlotte Cannon
Chico, California

"I get the most cigarette for the least tar and nicotine."

—Lois Krauss
Willingboro, New Jersey



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RAPE IN SUBURBIA
OLD CRIME...NEW SETTING

When rape invades a "safe" community, there's no place left to hide. How can women confront—and prevent—this shocking violation? By Greta Walker

It can happen this way: A young woman, living in a tough neighborhood of a big city, comes home late one night. As she fumbles for her keys in the hallway of her building, a man leaps from the shadows and forces her into the apartment. Moments later, she is on the floor, a gun at her head, being brutally raped.

And it can also happen this way: One sunny afternoon, a housewife, busy in the kitchen of her spacious suburban home, hears the doorbell ring. She goes to answer it and there, standing on the front steps, is a pleasant-looking young man in work clothes. "Hi," he says. "Sorry to trouble you, but we're doing some work on the phone lines down the road. I just want to check if your phone is okay." He gives her a convincing boyish grin. "It'll only take a minute." The woman smiles back and then opens the door wide. "Sure," she replies. "Come on in." Moments later, she is on the floor, a knife at her throat, being brutally raped.

Most women associate rape with large cities. If they live in a suburban area or small town, where folks are friendly and everyone has a good job and a nice home, they may think there's nothing to fear. But there is mounting evidence that their sense of safety is only an illusion—that suburban women are just as vulnerable to rape as any big-city dweller. In fact, the risks they face may sometimes be even greater.

Let's look at the statistics. According to the FBI's 1978 Uniform Crime Report, issued in October 1979, in cities of one million or more the incidence of reported forcible rape rose three percent during the first six months of 1978, and four percent during the first half of 1979. Surprisingly, in cities with lower populations—100,000 to 249,999—the proportions were higher: a nine percent rise in 1978 and a hefty 11 percent increase in 1979. More astonishing still, FBI studies show that some high-crime cities—Boston, New York, Cincinnati, Los Angeles, New Orleans and San Francisco—actually experienced small decreases in reported rapes from January to June 1979, as compared to the same period in 1978. Meanwhile, many smaller communities registered sizable increases: Fall River, Maine, for instance, had no reported rapes in 1978 and 12 in 1979. And in Warren, Minnesota, there were five rapes in 1978, and 29 rapes in 1979.

Remember, too, that these figures refer only to reported incidents of rape—the tip of a very large iceberg, authorities speculate. Of all crimes, says the FBI, rape is the most under-reported: For each woman who does call the police, there may be ten or even 20 who do not. And this silent victim is very often a resident of a suburb or other small community, such as the town on the south shore of Massachusetts where psychiatric social worker Sharon McCombie, director of the Rape Crisis Intervention Program at Boston's Beth Israel Hospital, gave a lecture on rape.

"Before I began speaking," she recalls, "a woman came up to me and said that she was surprised the talk had been scheduled. She told me the police chief had informed her that there hadn't been a rape in that town in twenty years. I thought that was pretty impressive, but nevertheless proceeded with my lecture. And then, during the break, three women came up to me and confided that they had been raped in that town within the past *(continued)*







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RAPE IN SUBURBIA

continued

year and had never told anyone about it."

It's the same story in Pasadena, California, says Grace Hardgrove, who has been the coordinator of a rape hotline there since 1974. Of the victims who call her for help, she estimates that only about half ever call the police. And although the crime seems to have become much more common in her area, Hardgrove doesn't believe that rape in the suburbs is really anything new. It's always been there; it just hasn't been reported.

These are the plain and frightening facts: When women move out of the city to a suburb or small town, they can't expect to find a haven of safety from sexual assault. Every eight minutes, according to FBI figures, a rape takes place somewhere in this country. And that means all women are potential victims, no matter where they live.

A perilous pattern

Last year, in an affluent midwestern town, a 30-year-old woman was raped by her husband's best friend. "He came by one Saturday to see my husband," she recalls, shivering even now at the memory. "It didn't seem right, because he knew my husband always plays tennis on Saturday. But I didn't want to be suspicious or rude, so I asked him in for a cup of coffee. And then, the minute he got inside, he attacked me."

Sadly, this woman's experience is not unusual. There is a particular pattern to sexual assault in the suburbs, and a very large part of it is the "acquaintance" rape. The Sex Crimes Analysis Unit of Bergen County, New Jersey, for example, has calculated that 69 percent of local rape victims knew the men who assaulted them. And in nearly half those cases, the rapists were friends or family members.

"A lot of suburban people think of rapists as crazy sexual deviants, or black men from city ghettos," says Connie Fossen Anderson, director of Rapeline in Rochester, Minnesota, a rape crisis center serving a largely suburban area. "They assume it could never be someone from their own town. In fact, in the majority of cases, a woman is raped by someone in her own community, from her own race and socio-economic class. He could be a lawyer, a doctor, a businessman or the clean-cut guy next door."

Women in small communities are also extremely vulnerable to what's known as the "confidence" rape. "That's when someone gains access to your home by false pretenses," explains Karen Goldman Lyon, executive director of the Anne Arundel County Sexual Offense Crisis Center in Annapolis, Maryland. "It could be someone posing as a plumber or a man from the telephone company. Then there's the man who comes to your door claiming his car broke down and asking to use your phone."

That's what happened to Susan, a bright, friendly, 50-year-old suburban housewife. "I was brought up to be kind and neighborly," she says. "So when this pleasant-looking man came to my door one morning and told me that he was *so* sorry to bother me but his car had broken down and could he please use my phone to call for a tow truck, I just naturally let him in. He beat me and raped me. I'm lucky to be alive."

Suburbia is car country, and that poses another danger to women in small communities. The suburban woman drives almost everywhere; she's in and out of her car so often that she doesn't always take care to lock it. In innumerable cases, a rapist simply climbs into a parked automobile, hides in the back seat and waits for his victim to return.

One sunny summer afternoon, 25-year-old Lola dashed into the public library to return some books, leaving her car unlocked. The minute she got back behind the wheel, she felt a knife at her neck and heard a man's voice warning her not to scream. "He told me to drive to this secluded place," she remembers. "When we got there, he raped me. I still have nightmares about it."

In the suburbs, one of the most frequent stops on a woman's daily itinerary is the shopping mall, surrounded by a large—and often dangerous—parking lot. According to Lynn Norcia, director of the YWCA SERVE Program (Supporting Elimination of Rape, Violence and Exploitation) of Bergen County, New Jersey, parking lots are key problem areas: "Some of them have poor security and poor lighting, and there have been several rapes and attempted rapes. A couple of years ago, there was a man who would go to one of the malls, watch a woman enter a store and then let the air out of one of her tires. She would come back, see the flat, and then this nice-looking man would come forth and offer to help her fix it. And, of course, she'd gratefully accept. When he'd finished, he'd ask if she would mind driving him to his car, which was parked toward the back of the lot. Once in her car, he'd assault her."

And cars can be hazardous for adolescent girls, too. "If a parent can't drive them somewhere," says Norcia, "teenagers feel they have no other option but to hitchhike, and that's one of the most dangerous things they can do—not only in terms of rape, but of murder."

It can't happen to me

A rape victim isn't necessarily young and attractive, although many women continue to believe that stereotype. And because they think they're not "typical"—too old, or not sufficiently appealing—they assume they are safe. But, as Karen Goldman Lyon points out, "Rapists don't discriminate. The youngest victim on national record was six months old; the oldest was ninety-seven."

How a woman is dressed doesn't matter, either. Victims of sexual assault have included women in shapeless house dresses, or baggy jeans and work shirts, and even nuns wearing their habits. "I have a few sexy outfits," says one suburban rape victim, "but the day I was raped I was dressed in the biggest shirt and the loosest jeans you've ever seen. That guy wasn't interested in how I looked. He just wanted to hurt me."

And here's another myth about rape: A man finds a certain woman so irresistible that he has to attack her—he just can't control himself. According to Francene Komsa, educator and counselor for Bergen County's YWCA SERVE Program, it doesn't work that way. "Most rapists leave the house in the morning and decide to commit a rape that day. Sometimes it's because they're in an angry mood and that's their way of working off hostility. It has nothing to do with a sexual impulse. One convicted rapist told me that his pattern was to get up in the morning and go to the bus stop near his house. The first woman to get off the bus would be his victim."

"People have got to stop thinking of rape as a sexual encounter," Lynn Norcia adds. "Rape is a crime of degradation and violence, with sex as the weapon."

Should you fight back?

In the past few years, we've read a lot of books about self-defense for women, and we've been offered a lot of different methods to fend off an attacker: throwing up, screaming, gouging the assailant's eyes, or simply trying to talk him out of it. These techniques, however, are far from foolproof.

"Women who have been raped usually feel guilty to begin with," Francene Komsa comments. "They're going to feel doubly guilty if they've read the books and listened to the guidelines and they still get raped. So we let women know that there is no blueprint for stopping a rapist. All women are different and so are all assailants. Each woman has to make her own decision, based on the person she is and the particular situation."

During a recent workshop on rape in suburban Garfield, New Jersey, Komsa emphasized the questions women must ask themselves: "Would you be able to fight back physically? Are you good at talking people out of things? Are you the kind of person who would scream? If you know in advance what you're capable of, you'll be able to make better decisions should you be faced with an attacker." The 20 women in the audience shifted uncomfortably in their seats; clearly, this was a subject that made them uneasy.

No matter what approach a woman chooses, Komsa went on, she *(continued)*

RAPE IN SUBURBIA

continued

must be aware that it may fail—in fact, it may even backfire. "If you carry a weapon, it can be wrested away and used against you," she warned. "If you spray mace, and the wind is wrong, it could be blown in your eyes. If you scream and there's no one to hear you, you could be in worse trouble than if you'd done nothing. If you physically resist, and it doesn't come off, you could make the assailant murderous. And that's the bottom line. All victims report that their major fear is that they will lose their lives.

"Even if you decide that you can't take any action at all," Komsa concluded, "you can still try to remain calm, pay attention and collect evidence that will help the police find the assailant."

When it's all over

Rape crisis centers are springing up across the country, including the suburbs. But counseling, however important it may be to a woman's mental health, won't convict a rapist. The fact is that most victims are unwilling to report the crime to the police, much less go through the long and understandably painful process of identifying and prosecuting the assailant. This is especially true in smaller communities, because a woman is more likely to know the man who attacked her. It's her word against his, and often he'll warn that if she reports him he'll simply claim she seduced him.

"A woman in that situation doesn't have to be cowed by his threats," says Lynn Norcia. "If she wants to prosecute, she can go to a hospital immediately and get a rape examination. If he used any kind of force, there will be signs of it. Although a woman's first impulse is to take a bath, douche and wash her clothes, she shouldn't. Her body and her clothing provide the evidence."

Another reason a woman may not report the crime is that in a suburb or small town, word is likely to get around. It's not unusual for rape victims to be viewed as partners in the crime—they said no, but they really meant yes. And although attitudes are changing, observes Lynn Norcia, "they still have a way to go. We're working with a case right now where a teen-aged girl was raped by a man from whom she accepted a ride. She told me that when she walks to school, many of the people on the street make comments and joke about her. They tell her that by accepting the ride she let the man know she wanted to have sex with him. We understand that not all women can tolerate that kind of hostility, so we never pressure anyone to go to the police."

Sometimes a woman is just too terrified to tell anyone—she's afraid the rapist will come back and beat her, even kill her. Anne was raped while she was out jogging, and the man swore he'd take his revenge if she reported the assault. "I thought he might be bluffing," she says, "but I didn't want to take a chance."

An assailant almost never follows through on such a threat, according to Amy Singer, director of the Victim Witness Program of the district attorney's office in Middlesex County, Massachusetts. And if he's being prosecuted, she maintains, he's even less likely to come near his victim again. "An alleged rapist's attorney will always advise his client to keep his distance. Since he's already up for one crime, he'd be crazy to take the chance of adding another."

What happens when a woman *does* report a rape—how is she going to be treated by law enforcement agencies? Amy Singer admits that it's possible the police won't be responsive to a victim's needs, but she also thinks things are changing for the better: "Many police departments throughout the country have trained rape investigators, some of them women. Even courtroom personnel and jurors are becoming more sensitive."

Connie Fossen Anderson of Rapeline agrees. In fact, she says it was the police in her area—Minnesota's Olmstead County—who asked that a rape crisis



center be set up. Other centers also report a close working relationship with local police departments, and a willingness on the part of many officers, especially the younger ones, to offer rape victims compassion and understanding.

Even if the police aren't sympathetic, a rape victim has other sources of support. A representative of a rape crisis center, on call 24 hours a day, will accompany a woman to the hospital or police station and will also go along to the courthouse when a case comes to trial. Throughout her ordeal, and as long as she needs it, a woman may receive counseling.

She can also take advantage of a relatively recent development: victim witness programs within district attorneys' offices. A victim witness advocate is not a counselor, but he or she can help in other ways. Amy Singer recalls the case of a rape victim in Cambridge, Massachusetts, who had to be hospitalized for a week: "She had no relatives or friends in the area, so people from our office took over. We visited her in the hospital, we fed her cat, and when she came home, we shopped for her food."

The woman was also prepared for her appearance in court. "The assistant district attorney visited her at home," says Singer, "and she was briefed on who would be at the trial, where she would sit, the kinds of questions she would be asked. The case had a satisfying ending: The assailant was convicted and given thirty-five to forty-five years."

Unfortunately, not all cases work out so well. The conviction rate for rapists in the United States is very low—in some states only seven percent. For some women, it can be devastating when they agree to prosecute, then fail to get a conviction. Others, however, have a more positive reaction. "They feel they have had *some* impact," says Amy Singer. "They've forced the man to interrupt the flow of his life; they've let other women know he's not to be trusted. And maybe they've even scared him enough so he'll be dissuaded from further acts of violence."

What's ahead?

One hopeful sign for the rape victim is that many states are passing new laws designed to raise the conviction rate. In the spring of 1979 Massachusetts set up a system to standardize the collection of evidence in rape cases. In the past, medical personnel—especially at suburban hospitals—haven't always known what to look for. Now, with a checkoff list sent to emergency rooms throughout the state, they'll be shown precisely what evidence is necessary for conviction.

The most interesting bit of recent legislation involves what's called "staircasing," which defines two categories of rape. A first-degree charge refers to rape accompanied by serious bodily harm, the use of a weapon, or a felony. If the crime is rape alone, it's considered second-degree or "common-law" rape. If rape is defined only one way, with one possible penalty, all cases must be treated alike. Thus, in a matter of "common-law" rape, the jurors may opt for acquittal rather than impose what they consider too harsh a sentence. With "staircasing," the jury has a choice of penalties.

In Michigan, one of 18 states where "staircasing" has been introduced, the results have been dramatic. By the end of the first year, ten percent more warrants had been issued on rape charges than during the previous year, four percent more convictions had been obtained and 16 percent fewer cases had been dismissed. And after two years, the conviction rate had soared to 90 percent.

Another positive sign is the growing recognition that sexual assault is not just a big-city problem. As a result, a suburban woman need no longer keep her "shame" to herself—there are rape crisis centers in her neighborhood to help her. At the moment, however, future prospects are clouded by the fear that sources of funding may dry up and some centers be forced to close. But there's reason to be optimistic, too, says Sharon McCombie of Beth Israel's Rape Crisis Intervention Program: "The rape crisis centers have done their job so well that they have encouraged many of the *(continued)*

uly.



FRUIT SALAD/HONEY FRENCH DRESSING

1 can (15-1/4 oz.) DEL MONTE Pineapple Chunks In Its Own Juice
3 DEL MONTE Bananas, sliced lengthwise
3/4 cup olive or salad oil
1/4 cup vinegar
1 Tbsp. sesame seeds, toasted
1 Tbsp. honey
1/2 tsp. salt
1/4 tsp. white pepper
1/4 tsp. dry mustard
1 cup melon balls
Lettuce
Strawberries
Orange and lime slices

Drain pineapple, reserving juice. Dip banana slices in juice. Place pineapple juice, oil, vinegar, sesame seeds, honey, salt, pepper and mustard in screw-top bottle or jar; close and shake vigorously until blended.

Arrange fruit and melon on lettuce-lined dishes and serve with dressing. Garnish with strawberries and citrus slices. 6 servings.

VARIATION: Substitute 1/4 teaspoon ground ginger for sesame seeds.





RAPE IN SUBURBIA

continued

established institutions—hospitals, district attorneys' offices, social service agencies—to offer the same services. My feeling is that we'll keep going forward." **End**

Rape Prevention: What You Can Do

- Trust your instincts. If you're suspicious of someone—even if he's an acquaintance or friend of the family—try not to be alone with him.
- Be sure you know the location and phone number of the nearest police station.
- Keep the doors of your house locked, and draw the curtains at night.
- Always ask repairmen and deliverymen for identification before opening the door. If a stranger wants to use your phone, don't let him in. Instead, offer to make the call for him.
- If you live alone, do not put your first name on the mailbox or list it in the telephone directory.
- If the streets in your community are not adequately lighted, find out what you can do about it.
- When you think you're being followed, cross the street and walk in the opposite direction. If someone still seems to be tailing you, run to a safe place and call the police.
- Never hitchhike or accept rides from strangers, and don't let your children do so, either.
- Keep the doors of your car locked at all times, even when you're in it.
- When walking to your car in a large parking lot, ask a security guard to accompany you. Check the back seat before getting inside.
- When you have engine trouble, use a road flare to signal for help, then get back inside your car, with the doors locked and the windows up. If someone comes by and offers assistance, ask him to call the police or a garage. Do not get out of the car.
- Don't stop to help a motorist, not even a woman—she could be a decoy. Instead, drive to the nearest phone and report the emergency.
- If you believe you're being followed by another car, don't pull into your driveway, especially if there's no one home. Go straight to the police station and honk your horn.
- If you jog, try to find a partner, or at least try to vary your route.
- Don't work overtime unless someone else is with you in your office or place of business.
- If someone in your area has tried to assault you, don't keep quiet about it—share the information with other women in the neighborhood.

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DAN RATHER



SOFT SIDE OF A TOUGH ANCHORMAN

He is stepping into the Walter Cronkite spot with a personality all his own. Here, in a revealing portrait, is the warm family man behind the hard-working, hard-hitting news commentator. By Cliff Jahr

Dan Rather is sitting in his spotless New York City office, his back turned to a view of the New Jersey industrial haze. In a quiet way, the star reporter for *60 Minutes* and CBS News exudes a glamour that is oddly confusing; he is movie-star handsome, yet he talks plain talk and wears the clothes of a stockbroker. At age 48, his dense dark hair is faintly dusted with gray. His skin is swarthy and, Kirk Douglas-like, has a cleft at the chin. The black eyes are penetrating, but weary; it's obvious they've seen plenty. But if Rather displays visible signs of fatigue, one also detects a reserve of fresh drive; Rather has been compensated roundly for all his hard work.

It happened one night last December. Dan Rather had been negotiating with NBC and ABC about becoming their evening news anchorman. His own network was reluctant to promote him into the job succeeding Walter Cronkite, who will soon be stepping down. Not that CBS wasn't tempted.



After all, Rather had earned his stripes as a TV hero by eyewitnessing the civil rights struggle, Vietnam, Watergate and even Hurricane Carla. But everyone knew when Cronkite said his final, "That's the way it is . . .", his chair would be filled by the estimable Roger Mudd. Then, quietly, just before Christmas, CBS reconsidered. Would Dan Rather stay on, they wondered, as Roger Mudd's co-anchor?

"That was a big moment," Dan recalls. "For a very long time even to be *part* of the leadership was the dream. And suddenly I had it in writing."

When Dan got home that night to his East Side, Manhattan co-op, an anxious Jean Rather waited. "I was very excited," he beams. "When I walked in, I didn't even sit down. We embraced, I told her the news, then burst into tears. She wept too, tears of joy and relief. Then we sat down, brushed away the tears and talked over the details. . . ."

Dan Rather in tears? Dan (here-are-the-facts) Rather in tears? It's reassuring to know that television's most aggressive, steely-eyed professional can be moved to emotion like that. Moreover, to spend time with him is to glimpse a Dan Rather seldom seen on television—amusing, relaxed, an easy smiler. He has a warm side, an unstudied Texas *(continued)*

For Dan Rather, moments of sheer relaxation are rare. Here he unwinds with the family pets.

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DAN RATHER
continued

homeyness about him too, though this doesn't disguise his surprising raw hunger for adventure (little of which the camera sees), nor his lean ambition (which the camera does see). And sometimes—incredibly—he even fumbles for words.

Of course, any kind of Mudd-Rather Report was not in his stars. When Cronkite steps down at the end of the year, the show will become *CBS Evening News with Dan Rather*, with its new managing editor making ends meet on a five-year contract paying eight million dollars.

"People say anyone who follows Walter Cronkite will suffer by comparison," says Dan, straightening the crease in his pinstriped trouser. "I expect to suffer by comparison. People also say it might have been easier for me at NBC or ABC to be viewed as a success, and to put my stamp on the show."

His stamp?

"Yes, it's not clear what that stamp will be yet, but I like to go where the story is. I like to see, hear, smell, taste and feel for myself. The real question about this new job," says Rather, only half jokingly, "is whether Jean can stand having me home for dinner every night."

As Dan Rather talks, one notices his hands, big hands, for digging ditches as his father once did—but Dan's look well tended. A wedding ring circles the *second* finger, left hand, because it is too big for the third finger. Once when driving, while he was signaling a turn, it flew off into the gutter. That was two days after the wedding. He couldn't make it smaller though, because that would ruin the inscription inside, a message too personal to go into. Now every week he gets hopeful letters from women asking about that middle-finger gold band.

"If I, myself, can't do a lot of repor ing," he continues, "then no, I don intend to stay in that job very long. Wa ter has been a very active lead reporter, pioneer really, and I think satellites, vi eotape and jet planes will allow me to d even more of that. We'll see if I can. prefer to act rather than react. I'd rath dig out the facts about, say, Carter's fai ing economic policy than stand aroun during a White House photography se sion with visiting governors."

He pauses to glance at New Jersey. Th sun is now breaking through. "These ar among the best of times for me. Certainl when the job came my way, I gulpe CBS could have closed their eyes an picked any of six or seven people here a experienced, as talented as I am."

One man in particular that the networ could have chosen is Roger Mudd. Whe Mudd lost out on the Cronkite job, h was clearly shaken. His remarks to th press were untypically graceless, then h left for an extended leave of absence t think and to huddle with other network Has Dan spoken with his old colleague He pauses, studying his visitor, ther ". . . No, but Roger and I continue to b friends. I empathize with this difficu period he's going through because ar choring is what he does. He may be th best political reporter of his time."

Over the years, as everyone quietl jockeyed for top spot, have he and Roge ever spoken of Cronkite's job? "Neve Not even in passing or as a joke . . ."

Called "Driven Dan"

Dan Rather is probably the first of h generation to become a news megastar i the television age. He's not calle "Driven Dan" for nothing. He was bor Halloween Day, 1931, in Wharton, Texa a tiny industrial town 30 miles southwe of Houston. His father dug ditches for o pipelines, his mother waited tables in hotel. The family finally settled in tough, working-class section of Houstor His sister's research into the family ance try came up with findings that help ex plain his dark good looks. It appears tha both parents descend from early Wels settlers and, on his mother's side, fro Iroquois Indian stock.

The Rathers preached a strong wor ethic to their daughter and two sons (Da is the eldest) and practiced that ethic, a well, to get by in the Depression. "M father always worked. An awful lot of ou neighbors didn't," Dan remembers. "I was a happy childhood; my parents wer very loving."

"Rags" Rather had a strong fatherl influence on young Dan. The senio Rather was a man of some intellectua independence. A voracious reader, h taught himself Spanish and how to use slide rule. Says Dan, "He'd look up sub jects like, let's say, Algeria, in the *Worl Book* encyclopedia, then just read on a

(continued on page 136

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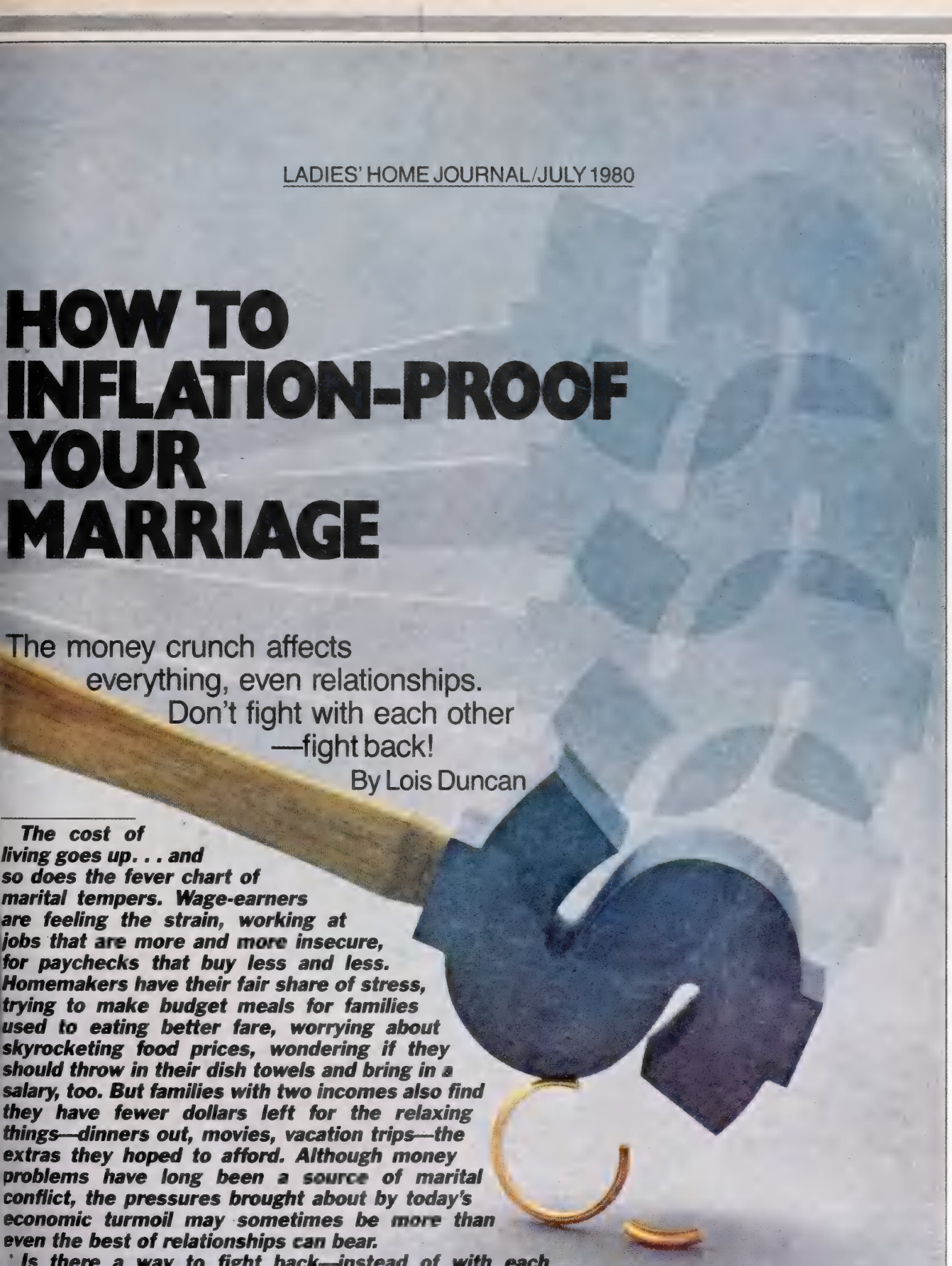
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HOW TO INFLATION-PROOF YOUR MARRIAGE

The money crunch affects everything, even relationships. Don't fight with each other —fight back!

By Lois Duncan



The cost of living goes up. . . and so does the fever chart of marital tempers. Wage-earners are feeling the strain, working at jobs that are more and more insecure, for paychecks that buy less and less. Homemakers have their fair share of stress, trying to make budget meals for families used to eating better fare, worrying about skyrocketing food prices, wondering if they should throw in their dish towels and bring in a salary, too. But families with two incomes also find they have fewer dollars left for the relaxing things—dinners out, movies, vacation trips—the extras they hoped to afford. Although money problems have long been a source of marital conflict, the pressures brought about by today's economic turmoil may sometimes be more than even the best of relationships can bear.

Is there a way to fight back—instead of with each other? Can you inflation-proof your marriage? Or will "for better or for worse" soon become as outdated a statement as "to love, honor and obey"?

Some couples, like Lynda and Bob, are having a harder time coming to terms with **(continued on page 140)**

There is a daring plan to kidnap America's First Lady, Billie Bradford, and replace her by an exact double, a Russian actress. How can they bring it off? What happens to the real First Lady? A fascinating excerpt from a new novel by a master suspense writer. Read it and wonder....

By IRVING WALLACE

The Second Lady



Sitting there, she began to feel better. The ordeal was almost over.

The Louis XVI furniture in the Yellow Oval Room had been rearranged recently. She sat very straight, alert, in the middle of the striped sofa, her back to the arched window and the manicured expanse of south lawn, facing a crowd of White House reporters.

At her side she had Nora Judson, her press secretary. But the burden had been on her. In the two and a half years since she had become First Lady, she had given only four press conferences. Now the reporters had an overload of questions, most of them frivolous.

Was it true she had been on a low carbohydrate diet? Did she plan to resume tennis lessons? Did the President ask her opinion on matters of state? Was Ladbury of London still her favorite couturier?

At last a corpulent woman with a Texas twang asked a serious question. "Mrs. Bradford, concerning the announcement that you will be leaving this week to attend the International Women's Meeting in Moscow, before accompanying your husband to the London Summit—"

"Yes?"

"Have you modified your views on the Equal Rights Amendment, or on abortion? And will you speak on these subjects in Moscow?"

"I intend to discuss both subjects when I address the meeting. Equal rights for women in the United States are long overdue. As for abortion, there is much to be said for either side." She heard the press secretary's sigh of relief, and continued. "Nevertheless, I feel there should be no legislation against abortion. I think it should be a matter of choice."

Copyright © 1980 by Irving Wallace. From THE SECOND LADY, by Irving Wallace, to be published by NAL Books. Illustration by Franco Accornero.



The women's editor of *The New York mes* came to her feet. "I understand ou will be in Moscow for three days. Are ere other activities, outside the meet-gs, that you plan to engage in?"

"Well, I hope to do a little sight-eing—but I think Nora here is more miliar with my schedule."

The press secretary took over, ficiently, brightly. Billie Bradford sat ck with relief. She had been in a pres-re cooker all day.

Before noon she had disposed of per-nal correspondence, including letters to r father and her sister Kit. Then there d been a lunch in the family dining om for the wives of important senators d congressmen. Then Ladbury himself, st in from London, had appeared for eliminary fittings of new dresses and wns she hoped to wear in Moscow and ndon. Next, she had hastened outside the Rose Garden to receive a delega-n of Girl Scouts.

Now the hour-long press conference as ending. When the room emptied, r smile melted to a straight tight line. lling herself together, she left the om, walked a corridor to the elevator d rode downstairs. Minutes later she tered the Cabinet Room. It smelled of ather and cigar smoke.

They were there, as she expected, the e of them, still staring at a television reen showing pictures of the Yellow val Room she had just left. A squat hulk of a man, General Ivan Petrov, chairman of the KGB, jumped to his feet. His broad Slavic face bore a grin.

"Ah, Vera Vavilova!" he exclaimed. He kissed one cheek, then the other. "My dear, you were superb. A performance without a flaw."

Behind him Colonel Zhuk, and her own beloved Alex Razin—and two politburo members she did not know—were also standing, voicing congratulations.

Her heart stopped pounding. "Thank you," she said. "Thank you very much."

"So the last dress rehearsal is over," General Petrov said. "Do you feel that you are ready?"

"I am ready," she said.

"Very good." He picked up his cap. "We go now to the Kremlin to inform the Premier."

She trailed after them, watching them get into a Chaika limousine and drive away from the fake White House toward Moscow.

Three more days, she thought. *After nearly three hard years*. Indeed, Vera Vavilova was ready.

Unwrapping a Cuban cigar, General Petrov glanced at his desk clock. After midnight. He thought of the exciting day just ended. In her last rehearsal, Vera Vavilova had actually been the American First Lady, the very embodiment of Billie Bradford. If Project Second Lady succeeded, it would be the most daring coup in the history of espionage.

Puffing on his cigar, feeling pleased and mellow, Petrov relived the plot and his role in it. Almost three years ago he had been the guest of the local KGB chief in Kiev. They attended a performance of a Chekhov play in the Lesya Ukrainka Theater. Petrov had been startled to see onstage a young, blond actress who resembled a woman whose pictures Petrov had seen in American publications—the glamorous wife of an American senator, Andrew Bradford, who was running for the presidency on the Democratic ticket.

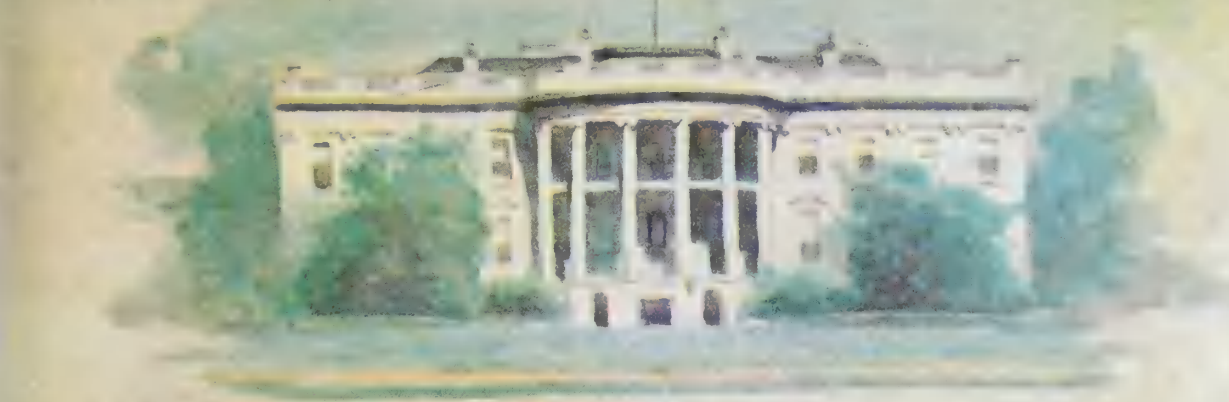
Petrov squinted at his theater program. The actress' name was Vera Vavilova. Billie—he remembered her name now—Billie Bradford and Vera Vavilova could have been twins.

When the last act curtain rang down, Petrov went backstage. He found Vera Vavilova in a dressing room with other actresses, and came straight to the point.

"Do you speak English?" he asked.

She replied in English. "Oh, yes, General Petrov, I speak English. With an American accent. I had more than a thousand hours of instruction at the Schepkin Theatrical School in Moscow. My teachers said I was a natural mimic. Can you understand me?"

(continued on page 123)



BEAT THE F



Everyday suit of brisk houndstooth. Semi-fitted jacket (#7066), skirt with front and back pleats (#6682), paired with silky short-sleeve T-shirt (#7030). All, McCalls. graphic bracelets, Carol for Eva Graham.

Brilliant pink shirtdress, perfect with accents of black and white. Seasonless. With sexy side-button skirt. Simplicity #9222. Bracelets, Carol for Eva Graham; sandals, La Marca.

SHION CRUNCH!

Sew the mix-and-match basics in blacks, whites nd brights

Make your fashion life easy on the budget. Sew a wardrobe of isp blacks, whites, grays; mix and sharpen with brights. Here and on the next pages, show six main looks, plus a few of the many ways mingle. Add the dash of d accessories–and day- dressing becomes a By Trudy Owett, n and Home ng Editor.



Easygoing pants look–very pulled-together. Versatile wool blazer and pleated flannel pants. Both, #7197. Clear contrast: bright orange georgette blouse, #7063. All, McCalls. Lapel clip, KJL; stripe belt, Elegant; spectator pumps, Delman.

Photographs by Mark Platt. Hair by Martin Downey, makeup by Shelley Durham.

Fabric, pattern and more accessory information on page 117.

Mix-and-match blacks, whites and brights.



Easy evening pants look. Racy silk camisole (Vogue #7365) and the cool style of balloon-y pants that taper at the ankles (Butterick #6745). Special effects: bright jangle of bangles, Carol for Eva Graham; jazzy yellow lizard belt, Salena.

Mainstay of any wardrobe—softly feminine shirt and skirt. Silky faille tunic top (#9234) tucked into lightweignt wool dirndl (#9363). Both, Simplicity. Finishing touch: neat and narrow belt, Elegant.



Going-out separates—with the finished look of a dress. Clear red silky wrap top (#7373), matched with softly gathered skirt (#7609). Both, Vogue. Black spiked-with-white earrings and bracelet, KJL; knotted cord belt, Omega.

Start sewing now and build a basic wardrobe of interchangeable parts. So versatile, your choices will be endless, day or night.

Fabric, pattern and more accessory information on page 117.

Curtain Caper

Twelve ideas to turn everyday white café curtains into something spe



1. A garden of calico delights—puffy flower bursts are classic quilt "yo-yos"; seam binding stems.

2. Apply fragile crochet doilies and lacy coasters (attic finds or make-your-own) on gossamer whites.

3. Cheery cutout Dutch doll pattern (the kind you stuff and sew) with extra touches; bright red fabric hearts

7. Sew on a flower-sprigged fabric to make a perky bow, border with a soft scallop.

8. Stencil a row of soft-hued flowers and colorful edging with washable textile paints.

9. Cut out a favorite fabric motif —flowers, a cat?—and appliqué over a sprightly gingham border.



'un Ways Of Window Dressing

y appliqué, stenciling and more. How-to's, page 117.



By Ann B. Bradley

Happy plaiding—grosgrain
bbons of many colors stitched
wn in ruler-straight rows.

. Make-your-own-music.
oteworthy design, in heated crayon
chnique. Optional: add embroidery.

5. "Grandmother's Fan"—a time-honored quilt design, feather-stitched on each lower corner.

11. Stationery store geometrics. Glue on labels, paint around them; pull off; voila! op-art print.

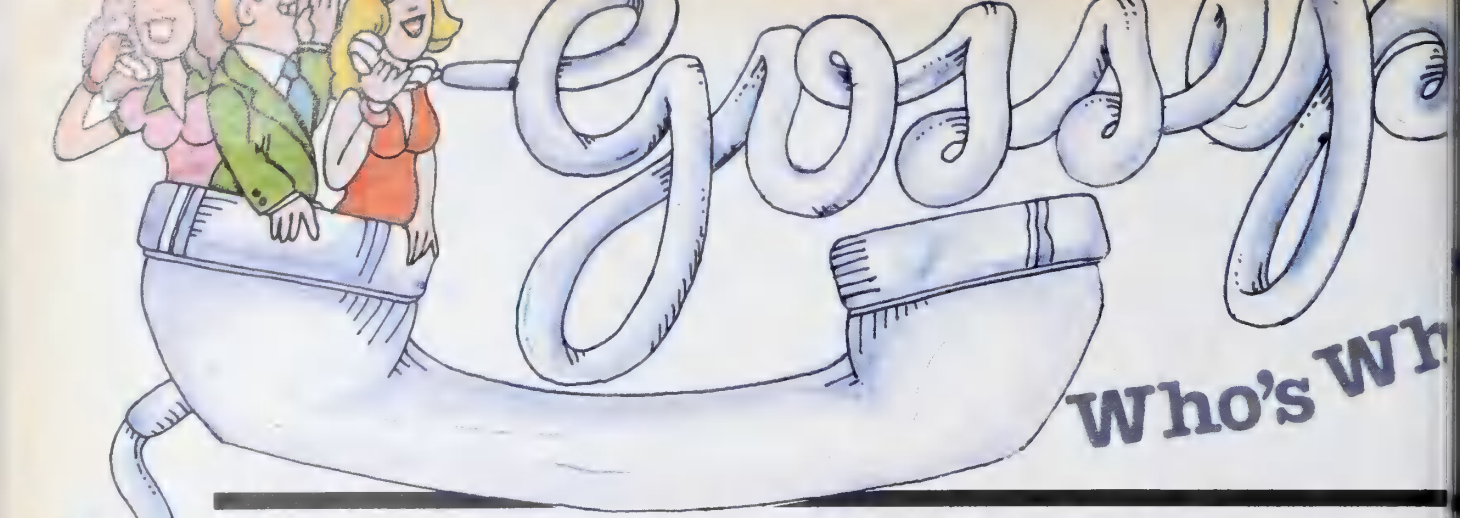
6. Take felt marking pens (waterproof, of course) and trace lace paper doilies for a delicate look.

12. Let your young ones tell a zoo story (practicing on other fabric). Iron on the menagerie with bonding.



Photographs by: Ralph Bogertman

Designers: 1, 5 Betty Whitwell; 2, 3, 7, 9, 12 Millie Hines; 4, 6, 11 Andrea Shedletsky; 8 Linda Lindgren; 10 Judy Lynn Pickett



DATELINE: WASHINGTON D.C.

UNDERCOVER NEWS

By Rudy Maxa

Washington Post columnist

If you want to have an affair in Washington D.C. go to Baltimore.

That's the counsel given newcomers to the nation's capital, and it's good advice. Never mind that nearly three-million people live in its metropolitan area, Washington is a small town because it's a one-industry town. The industry is politics. Other pursuits, such as reporting, consulting and lawyering, exist primarily because of it. What people who work in these interdependent professions do is gossip.

"Washington," Henry James once wrote, "talks about herself, and about almost nothing else," and that, of course, is good for gossips. But only recently has Washington joined gossip's major league, fielding a team to rival more established franchises in Hollywood, New York, London and Paris.

In earlier times, even a presidential affair hardly attracted the attention of the rest of the United States. For example, the woman who secretly bore Warren G. Harding's baby, Nan Britton, met closed doors when she tried to interest major book publishers in her s Sixty years later, in 1980, some reporters publishers scoured the country lookin women who might have tarried with pres tial hopeful, Edward Kennedy.

It was the Watergate scandal that he make Washington gossip national gossip viously unnoticed White House function were—in approximately this order—convi sentenced to prison, courted by lit agents and lionized in racy movies and t sion mini-series. Suddenly all the co knew the palace intrigues of the Nixon W House, and a hitherto anonymous ca characters became household names.

Does it all matter?

Sometimes, yes.

During the making of the president, more presidential hopefuls seemed to against shadowy perceptions—gossip, i will—than ever before. For example:

- Despite his success at raising mon America's corporate boardrooms, John nally seemed unable to shake the

(cont on



What's What... and SSH!

What Could Happen Next!

ATELINE: HOLLYWOOD

POWER REPLACES SEX

By Rona Barrett

llywood columnist, TV commentator

ew days ago, after reviewing some early magazine articles I had written when I t broke into show business journalism, I lized I've lived in two different worlds. It s hard for me to believe that less than 20 rs ago people were interested in the d of stories that we reported then. *I've* nged, but more importantly, this indus- in which I've grown up has changed.

n the old days, films were sold as fantas- super colossal, daring, wild and sensa- nal. Personalities were glamorous, beau- l, gorgeous. They were, in fact, pack- ed as untouchable idols. Today, the buzz rd is simply, "bankable."

How much money can Robert Redford arantee at the box office?" say the studio ss. "Why should we pay Steve McQueen e million dollars for a film? His last two re duds." Or, "Bring us the head of Bar- Streisand," they say, "she's a guaran- d twenty-five million at the box office." nkable—the key word today that means much as yesterday's sexy, sensation- titillating and tantalizing. *(continued on page 152)*

DATELINE: TOMORROW

FANTASY GOSSIP

By Liz Smith

Nationally syndicated columnist

When media people get together, talk often turns to the "dream" headline or the super news item of one's imagination. Reporters like to ruminate on people in history they wish they could have had a chance to interview—Socrates, Judas Iscariot, Napoleon, Hitler, and so on. They can chatter imaginatively about great love affairs that could have happened between the famous, or meetings of odd couples.

Then there are the "if only's"—if only Marc Anthony had not seen Cleopatra's barge move out to sea and followed her like some love-blinded nitwit, he would have won the Battle of Actium, thereby changing the history of Rome, Egypt, the Middle East and possibly Western civilization. If only Archduke Francis Ferdinand of Austria-Hungary had not been assassinated in Sarajevo, perhaps World War I could have been avoided. . . .

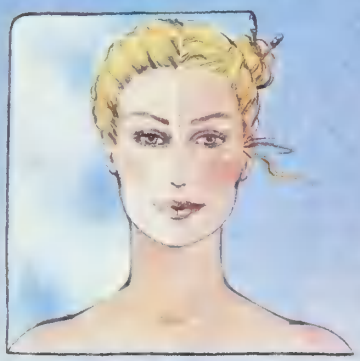
As a columnist for New York's *Daily News* and 70 other papers across the United States, I often find myself staring blankly at the typewriter, wishing for a juicy story. Then I begin to play the fantasy gossip game. So here is the Liz Smith column as it might look on a day *(continued on page 145)*



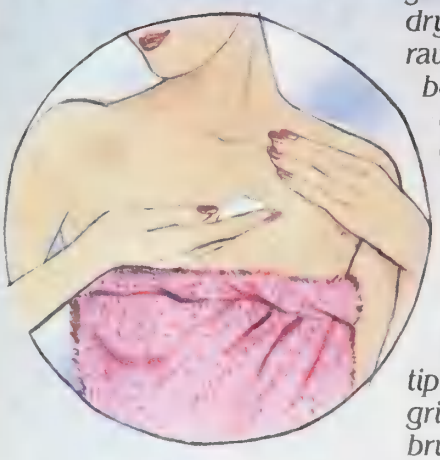
Illustration by Frank Marciuliano

Summer Beauty Solvers

Pretty, fresh, relaxed . . . that's the way you want to look in summer. But emergencies happen. Hair flops or frizzles. Skin parches, the sun accidently scorches. Keep your cool. Here are some easy tips on how to be beautiful all season long. By Maureen Lynch, Health and Beauty Editor.



Pick-Me-Up Color. *Anyone with sun smarts is shielding her face from the frying sun. To keep from drying, aging, worse. This results in the so-called chalk-face syndrome, where the body turns a lightish tan but the face stays noticeably paler. For a healthy, come-alive look, add a wash of liquid color, any shade from rosy to bronze. It gives a flush of blush, looks like a brief stint in the sun. Helena Rubinstein's All-Over Face Color is a nice one to try.*



Care and Protection of Skin. *In summer, when so much of your skin shows, make it soft and supple. Idea is to prevent dry skin from happening, to protect it from the ravages of sun, heat, aridness, air-conditioning. Don't be moderate: moisturize, moisturize . . . especially post-shower while skin is still damp. Good for this, an all-purpose lotion, such as Oil of Life by Jōvan. For beach or poolside, pick one of the moisture-based sunscreens Remember, salt water and chlorine are drying—wash off quickly.*



Showoff Feet. *High on any must-do list: Keep summer-bare feet in tiptop shape. Unearth dirt, sand and grime by scrubbing with a nail brush (shown). To remove calluses, soak feet first and work with a gadget such as Revlon's Pedi-Care Foot Groomer. Rare treat: get a professional pedicure.*



New Freedom for Fine Hair. Best summer look for fine, thin hair is somewhere around chin length. Any longer, ends look stringy. Cut is key. You can't go halfway; it should be either basically one length (shown) or very layered. Keep it clean—maybe even wash twice a day with a gentle shampoo. Perk up with ribbons, barrettes (combs won't hold). Here, a neat trio of bobby pins, spray-painted in colors.

Photographs by Richard Blinkoff. Illustrations by Margaret Brown. Hair by Cappellino of Garren at the Plaza for Glemby Int'l. Makeup by Mariella Smith-Masters. Swimsuit by Danskin.



Curly Hair—In Control. *What to do with hair that sizzles into a frizz when the temperature climbs. The longer, the better. More versatile, plu sheer weight will p the hair down. Layer helps. Lovely alternati going shorter, caref and natural. Ribbons a headbands creat nice break, keep volume in control, face (shown). Condit often to tame, com dryness—or use a setti lotion for cont*

Summer Beauty Solvers

Taking care of every part of your body—that's the big beauty message for summer '80. And to get you prepared for the special problems warm weather brings, here are some simply terrific (and sensible) suggestions.

Under a Beautiful Brim. *A hat's an instant cover-up for any hair emergency, a dramatic accessory as well. Not millinery-ish hats, but free-and-easy shapes, like the one here or on our cover. Another tip: Crisp white earrings are flattering, distracting. Inexpensive ways for summer charm; hat, as low as $3-4; earrings, $1.* ***Sun—Let's Face It.*** *Despite all the warnings and sunscreens around, you're somehow burned and lobster-bright. What to do? The key to remember: A sunburn is a first-degree* burn. *To start, apply cold compresses or take a cool bath. Aspirin (anti-inflammatory) helps, with one catch—only if taken at first sign of redness. According to Dr. A. Luterman of New York Hospital Burn Center, if skin blisters, do not use home remedies; seek medical help, or else infection/permanent scarring may result. Also, consult a doctor if swelling, nausea, or chills occur.*

Sneaky Strap Marks. *This year's bathing suits go in all directions. One-shoulder, crisscross or cutouts. What a surprise when you switch. You can hide those body stripes, weird geometrics with a bronzer. For small coverage, try a wash-off gel such as Bain de Soleil bronzer. For large areas, opt for a lotion that lasts several days, such as Sudden Tan by Coppertone.*







Swimsuit by Cole of California. Life jacket by Stearns Manufacturing.

Summer's here—the season when everybody wants to be fit. Fresh foods are at their peak of flavor and reasonable prices, making this the easiest time to "eat right." Here to help, the Journal's planned a month-of-menus, 31 slimming meal ideas with a special bonus: they're budget-trimmers, too. All are under 600 calories each (as low as 425). Start today! Menus and recipes, page 100.

1

1 Fourth-of-July grilled hamburgers; husk- roasted corn; hot tomato aspic "firecracker;" watermelon wedge. 2 Scandinavian codfish salad with apples; circles of orange, beets; pistachio ice cream. 3 Pork chops with nectarines; noodles; green beans; angel food cake. 4 Chicken rolls with ham, cheese; broccoli; cherry tomatoes; orange cheese cake.





2

3

JULY

1980 Menu-Savers

Cut your calories...trim your food costs ...and keep your family happy and healthy.



Photographs by Andre Gillardin







Chicken Cookout With Style

Elegant backyard barbecue . . . using easy-on-the-budget chicken! Guests can pick and choose from a tasty trio of basting sauces (spicy beer, plum or pineapple-wine) to flavor the sizzling chicken. Overall, the menu is wonderfully colorful, going from garden-fresh sugar snaps (right, top) to a layered vegetable pâté (center) to a sensational pinwheel fruit tart (below). Just gather your crowd on some summer's night and get those embers glowing. By Sue B. Huffman, Food and Equipment Editor.

Photographs by Nick Samaridge. Grill by The Happy Cooker.

How America Entertains

This is what we'd call (modestly) a great grillout! It's a cost-cutter—starring good-value chicken, in-season vegetables and fruits. Plus many do-aheads, leaving you free to have fun with the gang. Shopping list, timetable and recipes, page 110.

BARBECUE MENU

(Serves 8)

Green Garden Dip with Sugar Snap Peas
Polish Sausage with Hot Mustard
Vegetable Pâté
Barbecued Chicken
With Choice of 3 Sauces:
Plum Good Pine 'n' Wine Touch o' Brew
Basil Tomatoes Spoonbread Soufflé
White Wine Beaujolais
Salad Classique
Summer Fruit Tart
Coffee









Menu-Savers

continued from page 97

- Here is our month of July low-calorie menus, numbered in order, 1 to 31.
- In calculating calories, we figured individual portion sizes as follows:
  Poultry (skinless), lean meat or fish—4 ounces
  Cheese—3 ounces
  Vegetables, rice, noodles or mashed potatoes—½ cup
  Leafy salad greens—1 cup
  Fresh or canned fruit—½ cup
  Ice cream, ice milk, frozen yogurt—½ cup
- Allow no more than 2 teaspoons of butter or margarine when it's listed on a menu and no more than 2 teaspoons of oil for salad dressings. Figure up to 1 tablespoon of ketchup or mustard.
- No calories were allotted for beverages. Coffee, tea and iced tea are of course calorie-free. Remember to add 16 calories per (measuring) teaspoon of sugar. Skim milk is 80 calories per 8-ounce glass; whole is 150 calories.
- Calorie counts under menus are for individual servings for the entire menu. Calorie counts after each recipe are for that recipe alone.

1. *Flounder Turbans w/Mock Hollandaise
Baked Potato w/Chives, Green Beans, Sliced Tomatoes
Club Roll Butter or Margarine
Fresh Cherries
485 calories

FLOUNDER TURBANS WITH MOCK HOLLANDAISE

1 pound fresh or frozen* flounder fillets
Salt
Pepper
1 teaspoon butter or margarine
Sauce
2 egg yolks, slightly beaten
⅔ cup low fat plain yogurt
1 tablespoon mayonnaise
Generous dash salt
Generous dash ground red pepper
2 teaspoons butter or margarine
1 teaspoon grated lemon peel
Parsley for garnish

Preheat oven to 400°F. Cut fillets in half lengthwise; sprinkle darker side with salt and pepper. Roll up each strip with darker side inside. Melt butter or margarine in small baking dish in oven. Dip top of each turban in melted butter; arrange upright in baking dish. Bake uncovered until fish flakes easily with fork, about 20 minutes.

Meanwhile, combine egg yolks, yogurt and mayonnaise in top of double boiler. Add salt and pepper. Cook and stir over boiling water until thickened, about 15 minutes. Stir in butter and lemon peel.

Arrange fish on serving platter. Spoon on sauce; garnish with parsley. Makes 4 servings, about 130 calories each.

*Editor's Note: If using frozen fish, unwrap and let stand at room temperature 15 minutes. Cut into 4 equal pieces. Preheat oven to 450°F. Dip each piece in melted butter or margarine and arrange butter side up. Bake *covered* for 25 to 30 minutes or until fish flakes easily with a fork. Serve with sauce.

2. Smoked Tongue w/Mustard
Paprika Potato
Spinach/Onion Salad
*Walnut Crisps Fresh Plums
560 calories

WALNUT CRISPS

2 egg whites
⅛ teaspoon salt
⅔ cup sugar
¼ teaspoon vanilla extract
½ cup finely chopped walnuts
½ cup crisp rice cereal

Preheat oven to 325°F. Line 2 cookie sheets with foil. In small mixer bowl beat egg whites with salt until foamy. Gradually beat in sugar, 2 tablespoons at a time. Add vanilla and continue beating until stiff peaks form. Fold in walnuts and rice cereal. Drop batter by heaping teaspoons, 2 inches apart, onto cookie sheets. Bake 20 minutes or until firm. (Cookies should remain light.) Cool on cookie sheets. Peel cookies from foil when fully cooled. Makes about 2 dozen, about 40 calories each.

3. Salad Plate: Tuna, Deviled Eggs, Tomatoes, Cucumber, Radishes, Ripe Olives, Lettuce
Bread Stick Butter or Margarine
*Citrus Soufflé
590 calories

CITRUS SOUFFLÉ

½ cup evaporated milk
1 envelope unflavored gelatin
¼ cup water
3 eggs, separated
½ cup sugar
1 tablespoon grated orange peel
1 tablespoon grated lemon peel
¾ cup orange juice
2 tablespoons lemon juice, divided
Additional grated orange peel for garnish

Pour evaporated milk into medium bowl and place in freezer for about 25 minutes.

Meanwhile, in small saucepan sprinkle gelatin over water; let stand for 1 minute. Cook over low heat, stirring constantly, until gelatin is dissolved. Cool. In medium mixer bowl beat egg yolks; gradually add sugar until the mixture becomes thick and light in color. Add cooled gelatin, orange and lemon peel, orange juice and 4 teaspoons lemon juice; beat until combined. Chill until mixture is thick enough to mound when dropped from a spoon, about 30 minutes.

Fold a piece of waxed paper in thirds, long enough to fit around the edge of a 4-cup soufflé dish; secure with tape. Set aside. In medium bowl with mixer at high speed, beat egg whites until stiff; set aside. Remove chilled evaporated milk from freezer (some of the milk around the edge of the bowl will have frozen) and add the remaining 2 teaspoons lemon juice. Beat until thickened to consistency of soft whipped cream. Fold milk and egg whites into gelatin mixture. Pour into prepared dish. Refrigerate at least 3 hours or until set. To serve, remove waxed paper and garnish with grated orange peel. Makes 6 to 8 servings, about 150 calories per 6, 115 calories per 8.

4. Grilled Hamburger on Lettuce Leaf
Ketchup
Corn Roasted in Husk/Butter or Margarine
*Firecrackers
Celery and Carrot Sticks
Watermelon
525 calories

FIRECRACKERS
pictured on page 97

2 envelopes unflavored gelatin*
6 cans (6 oz. each) vegetable juice cocktail
¾ teaspoon salt
½ teaspoon sugar
¼ teaspoon chili powder
2 tablespoons lemon juice
1 teaspoon prepared horseradish
¼ to ½ teaspoon bottled red pepper sauce
¼ teaspoon Worcestershire sauce
Carrot slivers

In medium saucepan sprinkle gelatin over 2 cans vegetable juice (reserve cans). Place over low heat; stir constantly until gelatin is dissolved. Remove from heat; stir in remaining juice, salt, sugar, chili powder, lemon juice, horseradish, red pepper sauce and Worcestershire sauce. Pour into reserved juice cans. Refrigerate until set, at least 4 hours or overnight. Unmold; insert carrot sliver in each to form "fuse." Makes 6 servings, about 45 calories each.

*Editor's Note: If you want Firecrackers to stand as photographed, increase unflavored gelatin to 3 envelopes.

5. Roast Chicken
Baked Potato w/Butter or Margarine
Summer Squash Sautéed w/Onion and Chopped Parsley
*Strawberries w/Almond Custard Sauce
515 calories

STRAWBERRIES WITH ALMOND CUSTARD SAUCE

Sauce
2 tablespoons sugar
1½ teaspoons cornstarch
Dash salt
2 egg yolks, beaten
1½ cups skim milk
½ teaspoon vanilla extract
¼ teaspoon almond extract
1 pint strawberries, washed and hulled

In medium saucepan combine sugar, cornstarch and salt. In medium bowl combine egg yolks and milk. Pour into dry ingredients. Cook, stirring constantly, over low heat until mixture comes to a boil. Boil 1 minute without stirring. Remove from heat; stir in flavorings. Cover surface with waxed paper and refrigerate. Serve half the sauce over strawberries. (Refrigerate remaining sauce *(continued*



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Official Rules.

1. To enter, hand print your name and address on the official entry blank or on a 3" x 5" piece of paper. With each entry include the words "Cholesterol Free" from the package of any Morningstar Farms product, or the words "Cholesterol Free" hand printed in block letters on a 3" x 5" piece of paper. Mail to: Morningstar Farms Grocery Giveaway, P.O. Box 6669, Dept. LHJ, Chicago, Illinois 60677. **2.** No purchase necessary. Enter as often as you like, but each entry must be mailed separately. **3.** Entries must be postmarked by December 1, 1980, and received by December 5, 1980. **4.** Winners will be selected in a random drawing by H. Olsen & Co., an independent judging organization, whose decisions will be final. All 1,554 prizes, worth $24,250, will be awarded. Odds of winning depend upon number of entries received. **5.** Sweepstakes open to all residents of the USA, including Florida, except employees and their immediate families of Miles Laboratories, Inc., its affiliates and advertising agencies, and H. Olsen & Co. Void wherever prohibited or restricted by law. All entries become the property of Miles Laboratories, Inc., and none will be returned. Winners will be notified by mail. Only one prize per household. Taxes on prizes are the responsibility of the winners.

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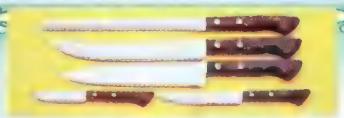
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Grocery Product Division

Menu-Savers

continued

to serve July 8.) Makes 4 servings, about 75 calories each.

6. Grilled Shoulder Lamb Chop
Steamed Rice Sugar Snap Peas
*Roasted Pepper Salad
Blueberry-Peach Compote
545 calories

ROASTED PEPPER SALAD

3 large red bell peppers
1 tablespoon salad oil
1 teaspoon cider vinegar
⅛ teaspoon salt
Dash pepper
1 garlic clove, cut into slivers
Lettuce leaves
½ sweet onion, sliced

Blister peppers on the outside by holding each on the tines of a long-handled fork over the flame of a gas burner. Turn them until black all over, about 5 minutes. (If you have an electric range, broil, turning occasionally until black, about 15 minutes.) Cool under cold running water and rub off the charred surface, starting at stem end. Cut in half. Discard stems and seeds. Cut into strips.

In small bowl combine oil, vinegar, salt, pepper and garlic. Add peppers and toss. Marinate ½ hour at room temperature before serving. Serve on lettuce leaves with onion. Makes 4 servings, about 50 calories each.

7. *Spinach Cheese Bake
Grilled Tomatoes Bread Sticks
Cantaloupe
570 calories

SPINACH CHEESE BAKE

1 tablespoon butter or margarine
2 eggs
¾ cup skim milk
¼ cup all-purpose flour
½ teaspoon double-acting baking powder
¼ teaspoon salt
⅛ teaspoon nutmeg
1 package (10 oz.) frozen chopped spinach, thawed and drained
2 cups (½ lb.) shredded Monterey Jack cheese

Preheat oven to 350°F. Place butter or margarine in an 8-inch square baking dish and put in oven. Sprinkle fish with salt and pepper. Roll up each strip with darker side inside. Melt butter or margarine in small baking dish in oven. Dip top of each turban in melted butter; arrange upright in baking dish. Bake uncovered until fish flakes easily with fork, about 20 minutes.

Meanwhile, combine egg yolks, yogurt and mayonnaise in top of double boiler. Add salt and pepper. Cook and stir over boiling water until thickened, about 15 minutes. Stir in butter and lemon peel.

Arrange fish on serving platter. Spoon on sauce; garnish with parsley. Makes 4 servings, about 130 calories each.

*Editor's Note: If using frozen fish, unwrap and let stand at room temperature

SWISS STEAK

1 tablespoon flour
¾ teaspoon salt
Generous dash pepper
1 pound lean beef bottom round, cut into 4 slices
1 tablespoon butter or margarine
1 can (16 oz.) tomatoes
1½ cups sliced onions
⅓ cup diced celery
1 garlic clove, crushed
½ teaspoon sugar

Combine flour, salt and pepper; pound into meat. In Dutch oven or large heavy skillet melt butter or margarine over medium-high heat. Add meat and brown on both sides, about 5 minutes. Add remaining ingredients. Reduce heat; cover and simmer, stirring occasionally, until beef is tender, about 1 hour. Makes 4 servings, about 315 calories each.

9. Grilled Frankfurter on Bun
w/Mustard
Potato Salad Dill Pickle
*Lemon Snow
595 calories

LEMON SNOW

½ cup sugar
2 teaspoons unflavored gelatin
1¼ cups cold water
2 teaspoons grated lemon peel
3 tablespoons fresh lemon juice
2 egg whites

In medium saucepan combine sugar and unflavored gelatin. Stir in water. Place over low heat; stir constantly until gelatin and sugar are dissolved. Remove from heat; stir in lemon peel and juice. Chill until mixture is the consistency of egg whites, about 30 minutes. Add egg whites and beat with electric mixer until mixture is light and frothy. Spoon into 4 individual dessert dishes. Chill until firm, about 3 hours. Makes 4 servings, about 110 calories each.

10. *Turkey Stuffed Peppers
Green Salad
French Bread Butter or Margarine
Pound Cake
525 calories

TURKEY STUFFED PEPPERS

4 small green peppers
Boiling salted water
key
arsley
on
e

until gelatin is dissolv
dium mixer bowl beat
ally add sugar until th
thick and light in colo
tin, orange and lemon
and 4 teaspoons lemo
combined. Chill unti
enough to mound wh
spoon, about 30 minut

rim off stem ends

Fold a piece of waxds and membrane.
long enough to fit arou er for ½ minute;
cup soufflé dish; secu rain well.
aside. In medium bo bine turkey, rice,
high speed, beat egg wh ge, pepper, egg
aside. Remove chille de. Stir just until
from freezer (some of t ture evenly into
edge of the bowl wil nch square baking
add the remaining tomato juice over
peppers. Bake 1 hour. Spoon tomato juice over peppers before serving. Makes 4 servings, about 175 calories each.

11. *Scandinavian Fish Platter
Beet, Orange and Onion Salad
Assorted Crackers Pistachio Ice Cream
540 calories

SCANDINAVIAN FISH PLATTER
pictured on page 96

4 cups water
1 small onion, quartered
2 tablespoons lemon juice
1 teaspoon salt
1 pound fresh or frozen cod fillets
1 large apple, cored and diced
½ cup sliced celery
½ cup diced, peeled cucumber
1 hard-cooked egg
Dressing
½ cup low fat plain yogurt
¼ cup mayonnaise
1 tablespoon chopped fresh dill or 1 teaspoon dried dill weed
½ teaspoon salt
Dash pepper
Romaine lettuce leaves

In large saucepan combine water, onion, lemon juice and salt. Bring to a boil over high heat. Add fish; return to boiling. Cover; reduce heat and simmer about 10 to 15 minutes or until fish flakes easily with a fork. Drain fish and cool.

In large bowl combine apple, celery and cucumber. Dice egg white (reserve yolk) and add to mixture. Break cooled fish into large chunks; add to apple mixture.

In small bowl combine dressing ingredients; pour over fish. Toss gently to mix. Serve on romaine leaves. Force egg yolk through fine sieve for garnish. Makes 4 servings, about 250 calories each.

12. Pork Kabobs w/Pineapple, Pepper and Onion
Rice *Stir-Fried Cabbage
Fresh Peach
560 calories

STIR-FRIED CABBAGE

1 tablespoon sugar
1 teaspoon cornstarch
¼ teaspoon salt
1 tablespoon soy sauce
1 tablespoon white vinegar
1 tablespoon salad oil
½ teaspoon dried hot pepper flakes
8 cups green cabbage, cut into bite-size pieces (about 2 lbs.)
½ cup green onion tops, cut into 1-inch lengths

In small bowl combine first five ingredients; stir and set aside.

Heat oil over medium heat in wok or Dutch oven. Add pepper flakes. Increase heat to high. Add cabbage and onion tops. Stir-fry 5 minutes. Stir soy sauce mixture; add to cabbage. Stir-fry 1 minute longer. Serve immediately. Makes 4 servings, about 80 calories each.

13. London Broil
Baked Potato w/Butter or Margarine
Green Beans
*Orange Blossom Cheese Cake
560 calories *(continued*

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Menu-Savers

continued

ORANGE BLOSSOM CHEESE CAKE

⅔ cup Zwieback crumbs
1 tablespoon melted butter or margarine
2 envelopes unflavored gelatin
¾ cup sugar
⅛ teaspoon salt
2 egg yolks
⅔ cup water
⅓ cup orange juice
1 tablespoon lemon juice
1 cup evaporated milk, undiluted
3 cups (1½ lbs.) low fat cottage cheese
2 teaspoons grated orange peel
1 teaspoon vanilla extract
Orange peel and mint leaves (optional)

Combine Zwieback crumbs and melted butter in an 8-inch springform pan. Press evenly against bottom; refrigerate.

In large saucepan mix gelatin, sugar and salt. Combine egg yolks with water, orange juice and lemon juice; beat with rotary beater or wire whisk just until well blended. Stir into gelatin mixture. Cook over low heat, stirring constantly, just until gelatin is dissolved; set aside at room temperature.

Pour evaporated milk into large mixer bowl. Place in freezer for about 30 minutes. Purée cottage cheese in blender or food processor until smooth. Stir thoroughly into gelatin mixture with orange peel and vanilla extract. Chill until mixture mounds slightly when dropped from a spoon.

Beat chilled evaporated milk at high speed of electric mixer until light and thick. Stir gelatin mixture to soften slightly. With a rubber spatula, fold in whipped evaporated milk. Spoon into springform pan; cover with plastic wrap. Chill until firm, at least 4 or up to 24 hours before serving.

If desired, garnish with orange peel and mint leaves. Makes 12 servings, about 165 calories each.

---

14. *Chicken Rolls
Broccoli Spears Cherry Tomatoes
Orange Cheese Cake (Leftover)
560 calories

CHICKEN ROLLS
pictured on page 97

4 (3 oz. each) boneless chicken breast halves
1 tablespoon chopped parsley
2 slices (1 oz.) cooked ham, halved
4 slices (2 oz.) part-skim mozzarella cheese
1 tablespoon mayonnaise
1 teaspoon water
2 tablespoons seasoned bread crumbs
⅛ teaspoon seasoned salt

Preheat oven to 400°F. Place chicken between sheets of waxed paper and pound until about ¼ inch thick. Sprinkle one side of each with parsley, top with slice of ham and slice of cheese. Roll up jelly-roll fashion; fasten securely with toothpicks. Set aside.

In small bowl combine mayonnaise and water. In another bowl combine bread crumbs and salt. Roll chicken first in mayonnaise, then in crumbs. Bake in shallow baking pan 20 minutes. Makes 4 servings, about 295 calories each.

---

15. *Mushroom Onion Omelet
French Fries
Sliced Tomatoes and Cucumbers
Toasted Pita Bread
Honeydew Melon
550 calories

MUSHROOM ONION OMELET

Filling
1 tablespoon butter or margarine
3 cups (½ lb.) sliced mushrooms
1 medium onion, sliced
¼ teaspoon salt
Generous dash pepper
Omelet
8 eggs
¼ cup water
⅛ teaspoon salt
Generous dash pepper
2 tablespoons butter or margarine
2 tablespoons minced parsley

Melt butter or margarine in medium skillet. Add mushrooms, onion, salt and pepper; sauté over medium heat, stirring occasionally, until mushrooms are lightly browned and onion is transparent. Remove from skillet and keep warm while preparing omelets.

In medium bowl combine eggs, water, salt and pepper. Beat with fork until thoroughly blended but not frothy.

In omelet pan or medium skillet over medium-high heat, melt 1 tablespoon butter or margarine; pour in half the egg mixture. Cook slowly until it begins to set at edges, lifting sides occasionally with spatula to allow uncooked portion to flow underneath. While omelet is still moist on top, fill with half the filling. Sprinkle with 1 tablespoon parsley. Run pancake turner around edge to flip out onto plate.

Keep warm while preparing second omelet with remaining ingredients. Cut each in half. Makes 4 servings, about 265 calories each.

---

16. Broiled Ham Steak w/Mustard
Steamed Peas
*Healtharoni Salad
Thin Rye Bread Butter or Margarine
Sliced Banana in Orange Juice
590 calories

HEALTHARONI SALAD

2 cups shredded red cabbage
½ cup grated carrot
½ cup diced celery
½ cup peeled, diced cucumber
½ cup diced green pepper
½ cup julienne-cut radishes
¼ cup sliced green onions
1 tablespoon chopped parsley
Dressing
½ cup low fat cottage cheese
¼ cup low fat plain yogurt
1 tablespoon mayonnaise
¾ teaspoon salt
⅛ teaspoon pepper
1 cup cooked elbow macaroni, cooled (½ cup uncooked)
Lettuce leaves

In large bowl combine cabbage, carrot, celery, cucumber, radishes, green onions and parsley. Cover tightly with plastic wrap and refrigerate.

In blender or food processor combine dressing ingredients. Cover and blend or process until smooth. Just before serving toss vegetables and macaroni with dressing. Serve on lettuce-lined platter. Makes 4 servings, about 130 calories each.

---

17. Grilled Hamburger
Sliced Potatoes Baked in Foil
Cottage Cheese on Sliced Tomato
*Coffee Fluff
515 calories

COFFEE FLUFF

1 envelope unflavored gelatin
1¼ cups brewed coffee
3 tablespoons sugar
⅛ teaspoon ground cinnamon
½ cup skimmed evaporated milk, well chilled

In small saucepan stir gelatin into coffee. Cook over low heat, stirring constantly, until the gelatin is completely dissolved. Stir in sugar and cinnamon. Remove from heat; chill for 15 minutes.

Put milk in small bowl and place in freezer for 15 minutes. Beat chilled milk with electric mixer at high speed until foamy, about 2 minutes. Fold cooled gelatin mixture into milk. Spoon into 4 individual dessert dishes and chill. Makes 4 servings, 70 calories each.

---

18. *Salade Niçoise
French Bread Butter or Margarine
Low fat Frozen Yogurt
485 calories

SALADE NIÇOISE

Dressing
1 tablespoon cornstarch
1 cup water
3 tablespoons white wine vinegar
2 tablespoons salad oil
1 teaspoon Dijon mustard
1 tablespoon chopped parsley
1 garlic clove, crushed
½ teaspoon sweet basil
¼ teaspoon salt
Salad
½ head romaine lettuce
1 can (7 oz.) tuna packed in water, drained and flaked
½ lb. fresh green beans, trimmed and blanched
1 cup cherry tomatoes, halved
1 cucumber, sliced
1 medium potato, cooked, peeled and sliced
2 hard-cooked eggs, quartered

Dressing: In small saucepan combine cornstarch and water. Cook, stirring frequently, until thickened and boiling. Stir in remaining ingredients and chill. Makes 1¼ cups dressing, about 10 calories per tablespoon.

Arrange lettuce leaves on large platter; place tuna in middle and arrange other vegetables around tuna. Garnish with eggs. Pour ½ cup dressing over salad (use remaining salad dressing for another use). Toss and serve. Makes 4 servings, about 210 calories each.

(continued)

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Menu-Savers

continued

19. *Arroz Con Pollo
Green Beans Vinaigrette
Fresh Pears
425 calories

ARROZ CON POLLO

1 (2 lb.) broiler-fryer chicken, cut up
1 tablespoon salad oil
1 medium onion, chopped
1 medium green pepper, chopped
1 garlic clove, minced
1¼ cups chicken broth
½ cup brown rice
⅛ teaspoon oregano
½ bay leaf
1 can (16 oz.) tomatoes, drained
2 dashes bottled red pepper sauce

Remove skin from chicken. In large skillet heat oil. Add chicken, onion, green pepper and garlic; cook for 5 minutes, turning chicken occasionally.

Pour in chicken broth and add rice, oregano and bay leaf. Return to boiling; cover and simmer 30 minutes. Stir in drained tomatoes and pepper sauce; cover and simmer an additional 20 minutes or until rice is tender. Makes 4 servings, about 270 calories each.

20. *Spinach Lasagna
Tossed Salad 2 Bread Sticks
Watermelon
480 calories

SPINACH LASAGNA

1 pound lean ground beef
⅔ cup chopped onion
2 garlic cloves, crushed
1 can (15 oz.) tomato sauce
1 teaspoon oregano
1 teaspoon salt
3 (about 3 oz.) lasagna noodles
2 packages (10 oz. each) frozen chopped spinach, thawed and squeezed dry
1½ cups low fat cottage cheese
1 egg, slightly beaten
⅓ cup grated Parmesan cheese
⅛ teaspoon nutmeg

Preheat oven to 350°F. In large, non-stick coated skillet (or use non-stick vegetable spray), brown ground beef, stirring occasionally. Remove beef with slotted spoon; discard all but 1 teaspoon drippings. Add onion and sauté until soft. Add garlic and continue cooking for 1 minute.

Return beef to skillet; add tomato sauce, oregano and ½ teaspoon salt. Heat to boiling; reduce heat to low. Cover and simmer at least 15 minutes; remove from heat and set aside.

Meanwhile, cook noodles as package label directs; drain. In medium bowl mix spinach, cottage cheese, egg, Parmesan cheese, nutmeg and ½ teaspoon salt.

To assemble: Lightly grease a 13×9-inch baking pan. Spread spinach mixture evenly in pan. Place cooked noodles in single layer on spinach; top with meat sauce. Cover with foil and bake 40 to 45 minutes until hot and bubbly. Makes 8 servings; about 245 calories each. (Freeze remaining portions for another meal. Thaw; cover and heat in preheated 350°F. oven for 20 to 25 minutes.)

21. Roast Turkey Baked Potato
Broccoli Spears
*Strawberry Chiffon
460 calories

STRAWBERRY CHIFFON

¼ cup water
1 tablespoon sugar
1 teaspoon unflavored gelatin
1 pint strawberries, hulled and puréed
1 cup low fat plain yogurt
1 egg white, beaten to stiff peaks

In small saucepan combine water, sugar and gelatin. Cook over low heat until gelatin and sugar are dissolved, stirring occasionally; remove from heat. Stir in strawberries and chill for ½ hour.

When mixture is cold, stir in yogurt until completely combined; gently fold in egg white. Spoon into dessert bowl or individual dessert dishes and refrigerate until set, about 4 hours. Makes 4 servings, about 75 calories each.

22. *Salmon Macaroni Salad w/Tomato Wedges
Pumpernickel Roll
Butter or Margarine
Grapes
435 calories

SALMON MACARONI SALAD

Dressing
⅓ cup low fat plain yogurt
2 tablespoons chopped parsley
1 tablespoon mayonnaise-based burger sauce or sandwich spread
1 can (7¾ oz.) salmon, drained and flaked
1 cup cooked elbow macaroni
½ cup chopped green pepper
¼ cup chopped celery
½ cucumber, seeded and diced
2 tablespoons chopped green onion
Lettuce leaves
3 hard-cooked eggs, quartered

In small bowl combine dressing ingredients; cover and refrigerate.

In medium bowl combine remaining ingredients except lettuce and eggs. Stir in dressing and toss. Serve on lettuce leaves and garnish with eggs. Makes 4 servings, about 205 calories each.

23. Grilled Ground Lamb Patty in Pita
*Veggie Mélange
Blueberries/Vanilla Yogurt
570 calories

VEGGIE MÉLANGE

1 tablespoon salad oil
1 medium onion, sliced
2 garlic cloves, crushed
3 medium zucchini, sliced
1 large green pepper, seeded and sliced
1 can (16 oz.) tomatoes or 3 ripe tomatoes, peeled and quartered
½ teaspoon salt

Heat oil in medium skillet. Add onion and garlic and sauté for 5 minutes. Add remaining ingredients; cover and simmer for 20 minutes, or until vegetables are tender. Makes 4 servings, about 80 calories each.

24. *Pork 'n' Nectarines
Noodles Green Beans
Angel Cake w/Strawberries
590 calories

PORK 'N' NECTARINES
pictured on page 97

1 tablespoon salad oil
4 lean pork chops, cut about ½ inch thick and trimmed of all fat
¾ cup chicken broth
½ cup orange juice
1 medium onion, chopped
2 ribs celery, sliced
2 nectarines, sliced

Heat oil in large skillet. Add pork chop and brown about 5 minutes on each side. Pour off drippings; wipe out skillet. Return meat to skillet and pour in broth and juice; add onion. Heat to boiling; cover, reduce heat and simmer for 30 minutes. Add celery and nectarines and cook uncovered an additional 10 minutes. Makes 4 servings, about 300 calories each.

25. *Fish Provençale
Parslied Potatoes
Spinach-Mushroom Salad
Banana Slices and Orange Sections
455 calories

FISH PROVENÇALE

1 teaspoon salad oil
½ cup chopped green onions
1 can (16 oz.) whole tomatoes, chopped
1 carrot, chopped
¼ teaspoon dried basil
¼ teaspoon salt
1 pound fresh or frozen fish fillets, cut in 4 serving pieces

Heat oil in skillet. Add green onions and cook 2 minutes. Stir in tomatoes, carrot, basil and salt. Heat to boiling; reduce heat, cover and simmer 10 minutes. Add fish; cover and simmer 8 to 10 minutes or until fish flakes easily with a fork. Makes 4 servings, about 135 calories each.

26. *Oriental Beef and Asparagus
Boiled Rice
Grapefruit and Apple Compote w/Angel Cake
515 calories

ORIENTAL BEEF AND ASPARAGUS

1 teaspoon cornstarch
¼ cup beef broth
3 tablespoons soy sauce
1 teaspoon salad oil
1 medium onion, sliced
¾ pound flank steak, cut on the diagonal into thin strips
¾ pound fresh asparagus spears, cut into 1-inch pieces or 1 package (10 oz.) frozen
¼ teaspoon ground ginger or 1 teaspoon minced fresh ginger
1 garlic clove, crushed
Dash crushed red pepper

In small bowl combine cornstarch, broth and soy sauce; stir and set aside.

Heat oil in wok or large skillet; add onion and stir-fry 1 minute. Stir in steak, asparagus, ginger and garlic; stir-fry 3 to 4 minutes more, or until meat browns. Add broth mixture and red

(continued)


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Menu-Savers

continued

pper; stir-fry another 2 minutes. Serve mediately. Makes 4 servings, about 165 ories each.

*Cinnamon Chicken
Arslied Noodles Cooked Carrots
ppyseed Roll Butter or Margarine
Watermelon
530 calories

CINNAMON CHICKEN

2½ lb.) broiler-fryer chicken, cut up
cup dry sherry
easpoon cinnamon
teaspoon salt
teaspoon basil leaves, crushed
sh curry powder
nch thyme leaves, crushed
ablespoon lemon juice
ablespoon honey
arlic clove, crushed
opped parsley for garnish

move skin from chicken. Arrange in ×8-inch baking dish in a single layer. ur sherry into 1-cup measure. Add reaining ingredients to sherry, except parey. Stir well and pour over chicken. over baking dish tightly with plastic rap or foil and refrigerate at least 2 or to 24 hours, turning chicken once to arinate evenly.

Preheat oven to 375°F. Bake chicken, covered, about 45 minutes or until nder. Arrange on serving platter. Strain t marinade and pour over chicken. Garsh with chopped parsley and serve imediately. Makes 4 servings, about 240 lories each.

Grilled Pork Chop
Zucchini
Corn on Cob
Butter or Margarine
*Banana Peach Pudding
455 calories

BANANA PEACH PUDDING

ablespoon sugar
easpoon unflavored gelatin
cup water
cup orange juice
cup sliced peaches
ipe banana, sliced
tablespoons lemon juice

small saucepan combine sugar and gelin; add water and cook until gelatin is mpletely dissolved. Remove from heat, r in orange juice; set aside.

Meanwhile, in blender or food prossor purée peaches and banana with mon juice. Stir fruits into gelatin mixre. Pour into dessert bowl or spoon into individual dessert dishes. Chill until t, about 4 hours. Makes 4 servings, out 70 calories each.

*Summer Vegetable Soup
Open-faced Grilled Cheese on
Whole Wheat Bread
Ice Milk
495 calories

SUMMER VEGETABLE SOUP

2¼ cups chicken broth
2 medium zucchini, sliced
2 medium carrots, sliced
½ pound green beans, cut into 1-inch pieces
1 rib celery, sliced
1¾ cups tomato juice
1 tablespoon grated Parmesan cheese
1 teaspoon basil
Dash pepper

In medium saucepan heat chicken brot to boiling. Add vegetables; return to boil, cover, reduce heat and simmer minutes. Pour in tomato juice; add grat cheese, basil and pepper and simmer minutes. Makes 4 servings, about 75 c ories each.

30.

*Turkey Bombay
Rice Green Peas
Melon Balls
460 calories

TURKEY BOMBAY

1 tablespoon butter or margarine
1 teaspoon curry powder
1 small onion, chopped
1 tablespoon cornstarch
1½ cups chicken broth
½ cup pineapple juice
2½ cups cubed, cooked turkey
1 small apple, chopped
1 celery rib, chopped
¼ teaspoon salt
⅛ teaspoon ginger
2 cups hot, cooked rice

In skillet over medium heat, melt butter or margarine. Add curry powder and onion; sauté 5 minutes. Stir cornstarch into broth to dissolve. Pour broth and pineapple juice into skillet; stir until mix-







Chicken Cookout

continued from page 99

BARBECUE MENU

(Serves 8)

Green Garden Dip with Sugar Snap P
Polish Sausage with Hot Mustard
Vegetable Pâté
Barbecued Chicken
With Choice of 3 Sauces:
Plum Good Pine 'n' Wine Touch o' Br
Basil Tomatoes Spoonbread Soufflé
White Wine Beaujolais
Salad Classique
Summer Fruit Tart
Coffee

FOOD CHECKLIST

- 1½ pounds sugar snap or snow peas
- 1 bunch parsley
- 2 heads Boston lettuce
- 2 bunches watercress
- 3 lemons
- ½ pound mushrooms
- 1 bunch fresh dill or dried dillweed
- 1 bunch fresh basil or dried
- 1 pound carrots
- 4 to 6 ripe tomatoes
- 1 pint strawberries
- 1 pint blueberries
- 1 banana
- 6 peaches
- 1 container (8 oz.) sour cream
- 1 container (8 oz.) plain yogurt
- ½ pint heavy or whipping cream
- 6 ounces Swiss cheese
- ½ cup Parmesan cheese, grated
- 1 bottle chili sauce
- 1 (1 lb.) Polish-style sausage
- 4 broiler-fryer chickens (about 3 lbs. each)
- 1 can (4 oz.) dry mustard
- 4 jars (4¾ oz. each) strained plums w tapioca
- 1 jar (10 or 12 oz.) apricot preserves
- 1 can (12 oz.) beer
- Dry red wine (1½ cups)
- Pineapple juice (1½ cups)
- 1½ cups whole kern corn
- 1 package (10 oz.) frozen chopped spinach
- 1 package (9 oz.) frozen artichoke hearts
- Chives
- Red wine (Beaujola
- White wine

Staples to have on hand:

- Granulated sugar
- Brown sugar
- Flour
- Baking powder
- Salt
- Pepper
- Cornstarch
- Yellow cornmeal
- Mayonnaise
- Olive oil
- Salad oil
- White vinegar
- White wine vinegar
- Dijon-style mustard
- Eggs (2 doz.)
- Butter or margarine (1 lb.)
- Milk (2 qts.)
- Crushed red peppe
- Dried onion flakes
- Thyme
- Marjoram
- Ground ginger
- Nutmeg
- Worcestershire sau
- Soy sauce
- Honey (⅓ cup)
- Horseradish
- Almond extract
- Vanilla extract
- Hot pepper sauce
- 2 pounds onions
- Garlic

SCHEDULE

Up to two or three weeks before:

1. Invite guests.
2. Inventory staples on hand.
3. Purchase nonperishable grocery items wine.

Two days ahead:

1. Purchase perishables.
2. Begin preparing mustard; let stand at r temperature.

Prepare salad dressing; cover and let stand at room temperature.

e day ahead:

Rinse and trim fresh produce; store in plastic bags.

Prepare garden dip, vegetable pâté, barbecue sauces; cover and rigerate.

Prepare pastry cream for fruit tart; cover and refrigerate. Bake crust; ve at room temperature.

Finish preparing mustard; cover and refrigerate.

rning of party:

Chill wine.

Set table.

Complete fruit tart; refrigerate.

o hours ahead:

Prepare spoonbread and refrigerate; do not bake.

Season chicken with salt and pepper; refrigerate.

Arrange basil tomatoes on serving dish; cover and leave at room nperature.

Assemble salad; chill.

Prepare grill for barbecue.

en guests arrive:

Serve dip with peas.

When barbecue is ready, grill sausage; serve with mustard dip.

e hour before dinner:

gin cooking chicken.

minutes ahead:

Bake spoonbread.

Prepare coffee; do not brew.

rving time:

Serve vegetable pâté.

Serve chicken with sauces, soufflé, salad, tomatoes and wine.

Toss salad with remaining dressing; serve.

Serve fruit tart with coffee.

GREEN GARDEN DIP WITH SUGAR SNAPS

pictured on page 99

gar snap peas may be available at your local market. Better l, if you've grown your own. They're fabulous, and this dip a fine complement.

¼ cup plain low fat yogurt
¼ cup parsley sprigs
tablespoons chopped chives
garlic clove
½ teaspoon salt
¼ teaspoon thyme
¼ teaspoon marjoram
¼ cup sour cream
¼ cup mayonnaise
pounds sugar snap or snow peas, washed and trimmed
mato rose for garnish, optional

container of electric blender or work bowl of food processor, mbine all dip ingredients except sour cream and mayonnaise. end or process until smooth. Pour into medium bowl; stir in ur cream and mayonnaise. Cover and refrigerate up to 24 urs. Serve dip in tomato rose, if desired, with sugar snap or ow peas or other raw vegetables. Makes 1¾ cups, about 30 ories per tablespoon.

POLISH SAUSAGE WITH HOT MUSTARD

is hot mustard is dynamite. Delicious with the sausage, it's o a grand condiment to have on hand.

ustard
½ cup distilled white vinegar
½ cup dry mustard
½ cup sugar
egg yolk
lb.) fully cooked Polish-style sausage.

ustard: In a small bowl gradually stir vinegar into dry mus- d until smooth. Cover and let stand 6 hours or overnight at om temperature. Pour into small saucepan with sugar and g yolk and cook over low heat until thick, stirring constantly. *an be prepared in advance to this point. Cover and refriger- up to 2 weeks.)* Serve at room temperature with grilled ed Polish sausage.

cook sausage: Score several times on the diagonal. Place on ll and cook until desired doneness. Or brown *(continued)*



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Chicken Cookout

continued

on broiler pan 3 to 5 inches from heat. Makes 8 servings, about 255 calories each.

VEGETABLE PÂTÉ
pictured on page 99

A trio of flavors and colors to provide a striking start to your meal.

1 pound carrots, peeled, cut into 1-inch chunks
1 package (9 oz.) frozen artichoke hearts
2 tablespoons butter or margarine
1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
1 medium onion, chopped
3 tablespoons chopped fresh dill or 1½ teaspoons dried dill weed
5 large eggs
1 cup heavy or whipping cream
½ cup grated Parmesan cheese
½ cup milk
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon nutmeg

Grease and line sides and bottom of an 8½×4½-inch loaf pan with waxed paper; grease again and set aside.

Cook or steam carrots in 1 inch of boiling water until fork tender, 15 to 20 minutes. Drain and set aside. In another saucepan cook artichokes according to package directions but omit salt; drain. In medium skillet melt butter or margarine. Add spinach, onion and 1 tablespoon fresh or ½ teaspoon dried dill; sauté over medium heat until onion is tender and spinach is very dry. Remove from heat; set aside.

In medium bowl combine eggs, cream cheese, milk, salt, pepper and nutmeg. Beat until smooth and well blended; set aside.

In work bowl of food processor or container of electric blender, combine spinach mixture and 1 cup cream mixture. Blend or process until smooth, about 30 seconds. Pour into bottom of loaf pan, spreading evenly with spatula. Rinse and dry work bowl or blender container; add cooked carrots, 1 cup cream mixture and 1 tablespoon fresh or ½ teaspoon dried dill. Blend or process until smooth, about 30 seconds. Carefully spread carrot mixture on top of spinach layer. Again rinse and dry bowl or container. Add artichoke hearts, remaining cream mixture and remaining dill. Process or blend until smooth. Carefully spread artichoke mixture over carrot layer, smoothing out top.

Preheat oven to 375°F. Place loaf pan in a roasting pan in oven. Fill roasting pan with hot water. Bake 1 hour and 15 minutes or until center of pâté is firm to the touch. Remove from oven. Let stand 10 minutes. Unmold onto serving plate, remove waxed paper and let cool at room temperature for 20 minutes. Cover loosely and chill. *(Can be made ahead this point. Cover and refrigerate up to hours.)* Makes 8 servings, about 255 calories each.

BARBECUED CHICKEN
pictured on page 98

A basic recipe to be used with one of three nifty sauces—or one of your own

4 broiler-fryer chickens (about 3 lbs. each), quartered
Salt and pepper
1 cup butter or margarine, melted
Choice of barbecue sauce (see page 11

To barbecue: Prepare grill for barbecuing. Sprinkle chicken with salt and pepper. Grill chicken quarters 4 inches from medium coals, skin side up. Brush with melted butter or margarine; turn often. Cook 50 to 60 minutes, brushing often with butter or margarine. During last minutes, brush repeatedly with choice barbecue sauce. Serves 8, about 350 calories each quarter without sauce.

To broil: Season chicken with salt and pepper. Put on rack of broiling pan, skin side up, and broil 7 to 9 inches from heat for 15 minutes, brushing with butter after 7 minutes. Turn, brush with more butter and broil 15 minutes longer. Turn again and broil 5 more minutes, brushing frequently with choice of barbecue sauce. Turn once again, broil 5 minutes longer, brushing with more sauce.



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m... so delicious!

On the left, a plain chocolate cream pie. On the right, a luscious Chocolate Dream Pie. It's made with Dream Whip® Whipped Topping Mix, extra Jell-O® Brand Instant Pudding, and milk. That makes the creamy light difference.

Dream Pie is easy to make because you use Jell-O Instant Pudding, so there's nothing to cook. And best of all, you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn your plain cream pies into higher, lighter, creamy Dream Pies.

GF GENERAL FOO

PLUM GOOD SAUCE

ptly named, this is an oriental-type nce based on baby food plums.

tablespoons butter or margarine
cup chopped onion
jars (4¾ oz. each) strained plums with tapioca
cup honey
cup lemon juice
cup soy sauce
cup water
teaspoon ground ginger
½ teaspoons prepared horseradish

n medium saucepan melt butter or marrine. Add onion; sauté over medium eat until soft. Add remaining ingreients. Bring mixture to a boil; reduce eat and simmer 10 minutes. Cover and frigerate until ready to use. *(Can be ade ahead to this point. Cover and frigerate up to 24 hours.)* Store any maining sauce in refrigerator; will keep p to 2 weeks. Makes 3½ cups, about 20 lories per tablespoon.

TOUCH O' BREW SAUCE

eer provides a special flavor for this ore traditional type of barbecue sauce.

½ cups chili sauce
cup butter or margarine
½ tablespoons brown sugar
tablespoon dried onion flakes
teaspoon salt
teaspoon crushed red pepper
½ cups beer or ale
tablespoon cornstarch

In medium saucepan combine all ingredients except ¼ cup of beer and cornstarch. Bring sauce to a boil; reduce heat and simmer 10 to 15 minutes. In small bowl stir remaining beer and cornstarch. Add to sauce, stirring until mixture comes to a boil. *(Can be made ahead to this point; cover and refrigerate up to 24 hours.)* Store any remaining sauce in refrigerator; keeps up to 2 weeks. Makes 3 cups, about 25 calories per tablespoon.

PINE 'N' WINE SAUCE

Pineapple juice adds that "je ne sais quoi."

1½ cups pineapple juice
1 medium onion, chopped
2 garlic cloves, crushed
⅓ cup packed brown sugar
1 tablespoon white vinegar
1½ teaspoons thyme
1 teaspoon dry mustard
1½ teaspoons Worcestershire sauce
1½ cups dry red wine
3 tablespoons cornstarch

In medium saucepan combine all ingredients except ½ cup of the wine and cornstarch. Bring sauce to a boil; reduce heat and simmer 10 to 15 minutes. In a small bowl stir remaining wine and cornstarch. Add to sauce, stirring until mixture comes to a boil and thickens. Cover and refrigerate until ready to use. *(Can be made ahead to this point; cover and refrigerate up to 24 hours.)* Store any remaining sauce in refrigerator; will keep up to 2 weeks. Makes 3½ cups, about 15 calories per tablespoon.

BASIL TOMATOES

Take advantage of your garden's bounty.

4 to 6 ripe tomatoes
½ cup chopped fresh basil or 1 teaspoon dried basil leaves
Salt
Pepper

Slice tomatoes ½ inch thick. Arrange on serving dish; sprinkle with basil, salt and pepper. *(Can be prepared in advance to this point. Cover and let stand at room temperature up to 3 hours.)* Makes 8 servings, about 20 calories each.

SPOONBREAD SOUFFLÉ

Fresh corn cut off the cob is best, but you can use canned or frozen.

3 eggs, separated
2 cups milk
½ cup yellow cornmeal
1½ tablespoons sugar
Salt
6 tablespoons butter or margarine, cut into pieces
1½ cups whole kernel corn, cooked
½ teaspoon double-acting baking powder
Dash bottled red pepper sauce (optional)

Grease a 1½-quart baking dish; set aside. In small bowl beat egg yolks well with fork. Place egg whites in small mixer bowl; set aside.

In medium saucepan over *(continued)*



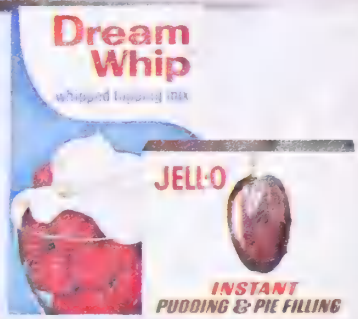
Chocolate Dream Pie...as simple as a, b, c.

2 envelopes DREAM WHIP® Whipped Topping Mix
2¾ cups cold milk
1 teaspoon vanilla
2 packages (4-serving size) JELL-O® Brand Chocolate Flavor Instant Pudding or any other flavor
1 baked 9-inch pie shell, cooled

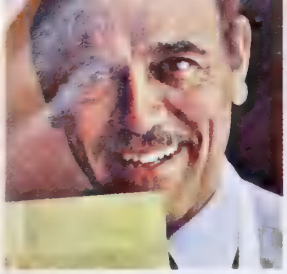
a. Prepare whipped topping mix as directed on package (using 1 cup milk and 1 teaspoon vanilla) in large mixing bowl. Add remaining milk and pudding mix.

b. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally.

c. Spoon into pie shell. Chill at least 4 hours.



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Dear Pete,

I've got tough luck when it comes to tender chicken. Any ideas? —Mrs. Lauren Riggs
West Sedona, Arizona

Dear Mrs. Riggs,

All you have to do is buy a box of Shake 'n Bake® Seasoned Coating Mix, and your luck will change.

It helps seal in the juices, so your chicken comes out moist and tender.

Bet you'll like my Tender-Lovin' Lemon Chicken. Try it. You've got everything to win, and nothing to lose!

—Pete the Butcher

TENDER-LOVIN' LEMON CHICKEN

Moisten 2-½ pounds cut-up chicken with mixture of 2 tablespoons *each* water and lemon juice. Add 2 teaspoons grated lemon rind to 1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Chicken. Coat and bake as directed on package. Makes 4 servings.



Shake 'n Bake® For chicken that's tender, not tough.



© General Foods Corporation, 1983

Chicken Cookout

continued

medium heat, bring milk just to a boil. Ad cornmeal, sugar and ¾ teaspoon salt; r duce heat to low and stir until thickene about 1 minute. Remove from heat; stir butter or margarine then yolks. Beat wi spoon until smooth and creamy; set aside

Beat egg whites and a pinch of s until soft peaks form. Fold corn, baki powder, red pepper sauce and ¼ of t beaten egg whites into cornmeal mixtur Fold in remaining egg whites. Pour in prepared pan. *(Can be prepared in a vance to this point. Cover and refrigera up to 3 hours.)*

Preheat oven to 375°F. Bake for 35 40 minutes until crust is golden and ce ter is slightly soft. Serve at once. Mak eight ½-cup servings, about 200 calori each.

SALAD CLASSIQUE

Divine! Truly . . .

Dressing
- **⅓ cup olive oil**
- **⅓ cup salad oil**
- **¼ cup white wine vinegar**
- **1 teaspoon salt**
- **¼ teaspoon pepper**
- **2 teaspoons fresh lemon juice**
- **2 teaspoons Dijon-style mustard**

6 ounces Swiss cheese, thinly sliced an cut into strips
½ pound mushrooms, thinly sliced
12 cups torn Boston lettuce (about 2 heads)
2 medium bunches watercress, trimmed and coarsely chopped

Combine dressing ingredients in jar wi tight-fitting lid; shake to combine.

Combine cheese strips and mushroo in medium bowl. Add ½ cup dressing a toss lightly. Cover and refrigerate 1 hou *To assemble:* Combine lettuce and wat cress in large salad bowl. Place chee mixture in center; add remaining dre ing and toss to serve. Makes 8 servin about 253 calories each.

SUMMER FRUIT TART
pictured on page 99

Use whatever fresh fruit you like to gra the top of this sparkling dessert.

Pastry
- **2 cups unsifted all-purpose flour**
- **3 tablespoons sugar**
- **Dash salt**
- **½ cup chilled butter, cut into small pieces**
- **8 to 10 tablespoons ice water**
- **1 egg white, beaten**

Pastry cream
- **4 egg yolks**
- **⅓ cup sugar**
- **5 tablespoons all-purpose flour**
- **1½ cups milk**
- **½ teaspoon vanilla extract**
- **¼ teaspoon almond extract**

Topping
- **3 to 4 cups assorted fresh fruit (we used strawberries, sliced peaches, blueberries, bananas and grapes)**

laze
½ cup apricot preserves
1 tablespoon orange-flavored liqueur (optional)

stry: In medium bowl combine flour, gar and salt. With pastry blender or vo knives used scissor-fashion, cut in utter until mixture resembles coarse umbs. Add water and stir with fork. ace on floured board; knead 4 or 5 nes until pastry holds together and rms a smooth ball.

Preheat oven to 400°. On lightly oured surface with lightly floured rolling n, roll out pastry to a 15-inch circle. Fit to a 12-inch pizza pan; trim edges and ute. Prick several times with fork. To ep pastry from shrinking, press foil ong bottom; fill with uncooked beans or ce. Bake 12 minutes. Gently remove il. Brush partially baked crust with beaten egg white; return to oven and bake 6 to 8 minutes more until crust is golden. Remove from oven; let cool. *(Can be made up to 24 hours in advance.)*

Pastry cream: In heavy saucepan beat yolks and sugar with wire whisk until well mixed. Stir in flour; then pour in milk. Cook over medium-low heat, stirring constantly, until mixture comes to a boil and thickens. Let boil 1 minute. Remove from heat and stir in extracts. Cover surface with plastic wrap and refrigerate until chilled. *(Can be made up to 24 hours in advance.)*

To assemble: Spread pastry cream evenly in baked pie shell, arrange fruit in concentric circles on top.

In small saucepan heat apricot preserves over low heat. Strain; add liqueur, if desired. Spoon over tart. Can be refrigerated up to 12 hours before serving. Makes 8 servings, 395 calories each. **End**

EW MARRIAGE

y May Richstone

'e will not flaunt our happiness
ut share it in a still small voice
nowing how fragile love can be,
ow fortune smiled upon our choice.

nd so, in glorious gratitude,
ugging our secret, we rejoice.

JULY RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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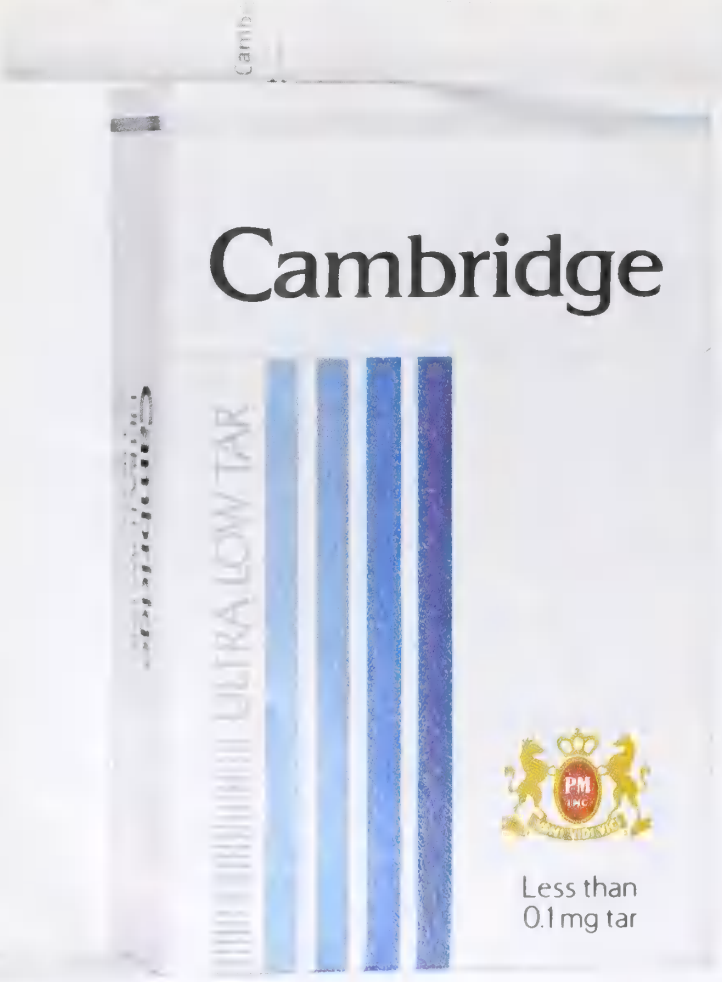
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The lowest tar ever.



Discover Cambridge contentment. The very special satisfaction of knowing that with Cambridge Box you're getting the lowest tar cigarette ever made, yet still enjoying the unique pleasures of smoking.

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Soft Pack: 1 mg "tar," 0.1 mg nicotine—100's: 4 mg
"tar," 0.4 mg nicotine av. per cigarette by FTC Method.

Also available in ultra low 1 mg Soft Pack, 4 mg 100's.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Curtain Capers!

continued from page 89

art with purchased café curtains, either eer or polyester blend. Fabric trims, textile ints, coloring materials are listed under indidual instructions.

O-YO" FLOWER

MATERIALS: Scraps of fabric in a green int for leaves and assorted florals for flowers; ere VIP's cotton calicos. Green double fold as tape for the stems.

or each group of flowers, cut oval shapes for aves, 2 each approx 7" x3" and 5" x 2". Taper all ends. Cut circles for flowers, 3 each 8" d 4" in diameter. Follow photograph (page) for placement. Cut bias tape and pin to rtain. Machine stitch in place. Turn under " edge on leaves and sew to curtain at end of em. Gather each 8" circle with a running tch ¼" from outside edge. Pull up evenly ntil approx 4" wide. Turn under ¼" seam lowance on each 4" circle. Gather in same ay. Secure ends. Sew small circle to center of rger one covering raw edges. Sew each ower at top of stem.

ROCHET MEDALLIONS

Choose crochet medallions or doilies, as esired. They may be any size or shape, new found. You may want to crochet your own. eatter on sheer curtain in random arrangeent. Hand stitch in place. Cut out curtain bric behind medallions for lace effect. Whipitch edges.

OLL

MATERIALS: Doll-print fabric, scraps of d fabric, Jiffy Fuse™. Here, legs have been moved from doll and fabric added to make irt.

ut hearts from red fabric scraps. Cut doll esign on finished edge. Cut Jiffy Fuse™ to me size. Follow manufacturer's directions to se to curtain. Zig-zag stitch around outer lges with matching or contrasting thread.

IBBON PLAID

Measure curtain for ribbon yardage needed. ry ribbon widths. We used polyester osgrain ribbons by C.M. Offray in Apricot, int, Coral, Dusty Rose, Lime, Mystic Blue. gin vertical stripes 5" down from top and ace about 3" apart. Turn under ribbon ends d stitch to curtain. Weave horizontal strips of bon to create plaid pattern. Stitch ends to ck of curtain.

RANDMOTHER'S FAN

Use small amounts of fabric in coordinated lids and prints for fan plus one contrasting lor for handle.

ake a paper pattern for a quarter of a circle th 9½" edges including 3" handle. Cut 6 lid and 6 print fabric sections the size of ttern, adding ¼" seam allowance on all sides. w sections together, alternating solids and ints. Appliqué 3" fan handle in place. Turn der ¼" on all outside edges and pin to rtain corners just above hem. Use DMC 6 and embroidery floss and feather stitch to ach fan to curtain.

OILIES

Use heavy paper or foil doilies in 2 different tterns, each approx 7½" in diameter. Lay out doilies on curtain. Tape in place with masking tape. Carefully fill in all open spaces with felttip colorfast markers in colors of choice. Let dry, then remove doilies.

7. SCALLOP

To make pattern for scallop border: Mark center of curtain. Divide each half into thirds, making six equal, lengthwise divisions. Measure one division; on paper draw 6 equal circles with diameters matching this measurement. Mark scallop border along bottom of circles, enlarging to 4" width. Add ¼" seam allowance on all edges if you will be using a straight stitch along top edge of border; add only to sides and bottom if using a zig-zag stitch. Use pattern to cut border from print fabric.

Carefully open out hem of curtain. With right side of border to wrong side of curtain, pin border in place, matching bottom of scallop to curtain hemline. Straight stitch bottom edge. Trim seam, turn and press. Turn in sides; straight stitch. Zig-zag or straight stitch top edge. Make a bow from print fabric. Cut matching piece of Jiffy Fuse™. Follow manufacturer's directions to fuse to center of curtain. Straight or zig-zag stitch around bow.

8. STENCIL FLOWERS

Use purchased stencil patterns and a quality textile paint. Follow directions on package to create flowers and border as desired. Or cut your own stencil patterns from heavy manila file folders.

9. GINGHAM BORDER APPLIQUÉ

Use a 1" gingham check, 36" wide fabric. Cut fabric 6" deep, across width. Turn under ½" seam allowance on all sides. Machine stitch to curtain with bottom edges aligned. For appliqué, cut out around desired design to needed size and shape. Follow directions for Scallop Border and Bow to complete.

10. MUSIC

Draw a diagonal S curve on cardboard. Cut out and use as pattern to draw repeated curves directly onto curtain. Use washable pencil and mark lightly. Place bars for music keeping them 1" apart. Draw in music symbols and notes at random or from sheet music. Trace all lines and symbols with black crayon. Fill in notes with colors of choice. Follow directions under Children's Art (below) to complete and set crayon. Add simple embroidery fill stitches to accent musical notes.

11. LABELS

Use adhesive-backed stationery labels in size and shape desired. Attach to curtain to form border design. Attach masking tape to retain bands. Follow directions on jar of good quality textile paint to apply colors around labels and tape. Let dry. Carefully remove labels and tape.

12. CHILDREN'S ART

Give your child crayons and firmly woven white fabric rather than paper for art work. Save the best or most loved pieces. Cut out best work around edges. Lay out on ironing board over paper towels. Place waxed paper on right side and press with warm iron to melt wax and force color into cloth. Position on curtain. Straight or zig-zag stitch around edges. You may also cut pieces of Jiffy Fuse™ to design shape. Follow directions on package to fuse to curtain. May be hand-washed carefully.

End

Journal Shopping Center

FABRIC, PATTERN, ACCESSORY INFORMATION. FASHION: BEAT THE FASHION CRUNCH

Page 84: Houndstooth suit: jacket #7066 and skirt #6682 (both McCALLS) require total of 3¼ yds. 60" fabric. Short sleeve T-shirt (McCALLS #7030) requires 1⅜ yds. 45" fabric. Wool houndstooth from GUSTAVE GOLDBERGER; polyester crepe de chine by DORCHESTER. Shirtdress: (SIMPLICITY #9222) requires 3⅜ yds. 45" fabric. We used silk crepe de chine by AMERICAN SILK MILLS from LOGANTEX.

PAGE 85: Blazer and pants (McCALLS #7197): jacket requires 1½ yds., pants, 1⅝ yds., both 58" fabric. Short sleeve, notched collar blouse (McCALLS #7063) requires 1¼ yds. of 45" fabric. Black worsted wool by ANGLO; gray wool flannel from LANDAU WOOLEN CO.; orange polyester georgette by SETA SOIE.

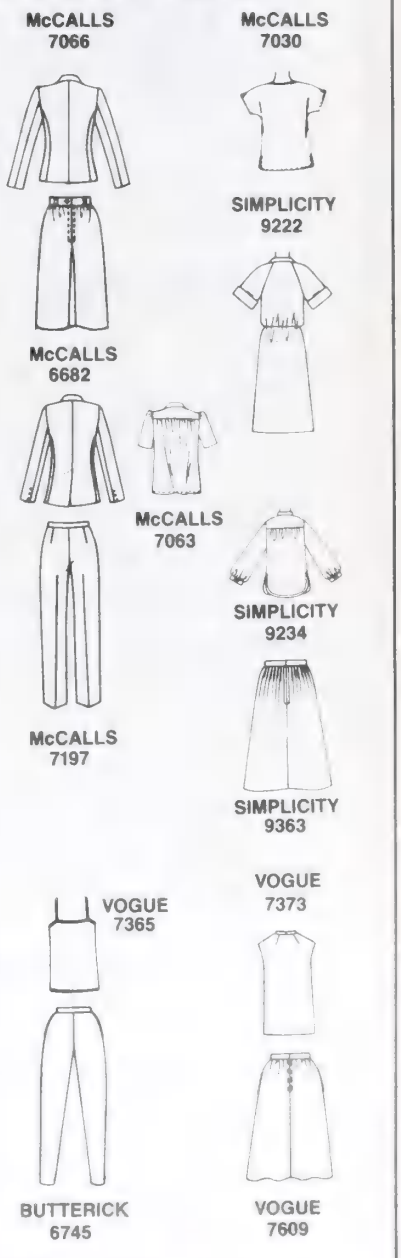
ACCESSORIES, inserts: Top: belt and patent bag by ELEGANT; middle: bracelets by CAROL for EVA GRAHAM; belt by OMEGA. Bottom: midriff belt by SALENA.

PAGE 86: Shirt and skirt: band collar blouse (SIMPLICITY #9234) requires 2⅜ yds. of 45" fabric; wool dirndl (SIMPLICITY #9363) requires 1⅝ yds. of 58" fabric. JOHN KALDOR blue polyester faille; worsted wool by ANGLO. Camisole (VOGUE #7365) requires 1¼ yds., tapered pants (BUTTERICK #6745) requires 2⅜ yds., both 45" fabric. AMERICAN SILK MILLS through LOGANTEX silk crepe de chine.

PAGE 87: Wrapped top #7373 and matching dirndl skirt #7609 (both VOGUE) require 3¾ yds. of 44" fabric. JOHN KALDOR polyester faille.

ACCESSORIES, inserts: Top: Jewelry by KJL; belt by OMEGA. Middle: Bracelets by CAROL for EVA GRAHAM; SALENA belt; NINA shoes. Bottom: Earrings and pearls by KJL; clutch bag by NANCY COLLINS for MARGOLIN.

All yardage approximate, based on size 10.



Your Family's Health

Hospitals provide pleasant birthing rooms. The Pill may protect against cancer. Do working women have a higher risk of heart disease than housewives? Plus more . . .

By David R. Zimmerman

BIRTHING ROOMS. Women often complain that hospital labor and delivery rooms are too cold and clinical—they smack of illness, not health. For this reason, some women prefer to have their babies delivered at home. Doctors believe this practice is dangerous because serious medical complications may occur that can be handled only at a hospital. Now many hospitals are providing another alternative for women: bedroom-like birthing rooms where obstetricians and midwives can deliver your baby in more pleasant, relaxed surroundings. Emergency medical personnel and sophisticated equipment are close by if needed.

Nurse-midwife Joyce Beebe, C.N.M., at the Hospital of the University of Pennsylvania, says the new facility there offers "noninterfering obstetrics" for uncomplicated deliveries. During labor, a woman is free to walk around the room or sit in a chair. Her husband is encouraged to become part of the obstetrical team and provide emotional support throughout. Children and friends may attend, too. Says midwife Beebe about the informal setting, "There's a nice, warm feeling about it."

THE PILL AND CANCER. For years women have been warned that oral contraceptives may cause cancer. But new research indicates that the Pill may, in fact, protect against cancer.

A recent study from the University of Washington in Seattle found that women who use oral contraceptives currently on the market, which combine relatively more of the female hormone progestogen with less of the hormone estrogen, are only half as likely to develop cancer of the uterine lining (endometrium) as women using other contraceptive methods. Public health specialist Noel Weiss, M.D., suggests that this "substantial" protection may be the result of progestogen's ability to counteract a cancer-causing agent that is contained in estrogen, which is in the pill and also naturally present in a woman's body.

An editorial in the *New England Journal of Medicine*, which published Dr. Weiss's report, speculates: "It may be difficult to accept that something so disruptive of the natural state could have unintended health benefits." Yet the editorial concludes that since birth control pills have also been shown to lower the risk of benign breast disease, "It is reasonable to hope [they will produce] a reduction in breast cancer as well."

HEART RISK FOR WORKING WOMEN. Do women who hold jobs have a higher incidence of heart disease than women who stay at home? That depends, answers the National Institutes of Health. Based on data from the well-known Framingham Heart Study, NIH epidemiologists say that working women, on the whole, do not have a significantly higher risk of heart disease.

But it seems there is one occupation that *can* be hazardous to your health: Office workers are twice as likely to have heart problems as housewives. This may be due, in part, to on-the-job pressures, problems with bosses, limited chances for advancement, the often routine nature of the work and the inability of some women to express anger. The likelihood of coronary problems increases if these women are also wives and mothers, and is still higher if the households are largely dependent on their earnings.

The NIH findings suggest that working women, just like their male counterparts, need healthy outlets to relieve job-related emotional and physical tensions that may trigger heart disease. For office workers, especially, getting a more satisfying job is a good start.

INFLATED DRUG PRICES. I recently had a prescription filled at a neighborhood pharmacy for a commonly used pain-killer, and was surprised to be charged $15.25 for 25 tablets, or 61¢ apiece. I looked up the wholesale price in my copy of *Drug Topics Red Book 1980* (the pharmacists' annual guide to drug products), and discovered that the average price paid by retail druggists for this pain-killer is 18¢ or 19¢ per tablet. The markup was well over 300 percent!

When I called to complain, my local pharmacist told me the *Red Book* listing was incorrect because the price had been changed recently. He suggested I call the manufacturer, and I did. The company official told me the list price was correct—it had not gone up.

A doctor I know said that a patient had complained of paying $15 for 25 tablets of a standard anti-depressant. According to the *Red Book*, she had paid 60¢ a pill for a drug that cost the retailer about 11¢—a markup of over 500 percent.

For families that must use a lot of drugs, my R is to either buy the *Red Book* or consult your library's reference copy, then do some comparison shopping before you fill a prescription. For information on how to order the *Red Book*, write Medical Economics Company, Oradell, N.J. 07649.

DES RESEARCH GOES ON. The harmful effects of estrogen continue to appear in daughters of women who took the artificial form of this hormone, called DES, in the 50s. Doctors prescribed the drug to these women in order to prevent miscarriages and other problems during their pregnancies. Now their daughters are having difficulties becoming mothers, too.

Although some medical studies have suggested that DES daughters have more trouble conceiving than most women, a recent, nationwide investigation at a dozen maternity hospitals found that their level of fertility was *not* below normal. The real problem, according to the DES Adenosis study, is that once pregnant, DES daughters have a significantly higher rate of miscarriages and premature deliveries. This may be partly due to structural abnormalities of the womb caused by DES. Nevertheless, the report concludes reassuringly: "Once the woman exposed to DES has conceived, our results indicate that the large majority of pregnancies will result in a live birth."

End

"I didn't know o.b. could prevent stains."

"I didn't know o.b. could prevent stains better than my old tampon, and it's the brand most women use. But o.b. lets me stop worrying. Those layers keep me safer than ever."

Snug fit against leaks.
While no tampon can guarantee you'll never have an accident, a woman gynecologist designed o.b.® to give you all the protection you need, even on heavy days. o.b. is rolled in unique inner and outer layers that absorb fluid for hours. As these layers absorb, they gently expand in width to fit the individual contours of your vagina, snugly and comfortably. You get a "custom fit" that shapes to you so well you're protected from leaks and stains. In fact, no other tampon can keep you safer.





Guards against leaks.

Comfortable to insert.
A woman gynecologist knew that the vagina delicately curves, while tampon inserters are straight. She developed a method of natural insertion, a simple way that lets your fingertip control the tampon to place o.b. where it will protect you best. Tests prove o.b. works better because it doesn't have an inserter. And o.b. is so comfortable, you'll almost forget you're wearing a tampon!



Vaginas curve, inserters don't.

Choose from three sizes.
You don't have to worry about stains, because there's an o.b. size absorbent enough for every need. o.b. Super Plus is for extra heavy flow. o.b. Super is for heavy flow, And for light to average flow, try o.b. Regular.



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When your dog is good, he's very, very good. But when he's bad, how can he be so horrid? Answers to all your questions about those mysterious canine moods.

By Roger Caras

"Why Can't My Dog Behave?"



Though you know your dog pretty well, sometimes you're puzzled: Why is he angelic one day, then troublesome the next? Each pet has its own special quirks, of course. But there are some personality traits all dogs have in common—basic signals they use to tell you when they're unhappy. Follow up on those clues. They can help you solve the riddle of a pet's misbehavior and make a "bad dog" feel better again.

Our new puppy cries all night. What can we do? Before you took him away from his mother and littermates, the only world your puppy had ever known was a pulsating bundle of canine bodies, sounds and smells. Now, all that has vanished, and he's having trouble adjusting. Comfort him with gentle handling and soft cooing noises, and don't be embarrassed. Behavior that looks "silly" to other people may be just what your frightened puppy needs. With a couple of easy tricks, you can even give him a reasonable substitute for the warm presence of his mother and the reassuring sound of her heartbeat. First, wrap a hot water bottle in a thick towel and let your puppy snuggle up against it. Then take a noisy clock, wrap that in a towel, too, and put it beside him. Your young friend will sleep better—and so will you.

Our young dog never stops chewing. Why is he so destructive? It's normal for puppies to chew when they are teething; it seems to relieve some of the pain or itching in their gums. During this stage, it often helps to give them ice cubes or rawhide toys to work on, while keeping shoes and gloves out of reach.

Most dogs grow out of the chewing habit, but occasionally it continues into maturity, becoming a chronic (and costly) problem. Why does your dog do it? Perhaps he is left alone too much and simply gets bored. While it's unlikely he's trying to *punish* you for going out (vindictiveness, I believe, is strictly a human trait), perhaps he hasn't yet learned how important it is to *please* you. You can improve his manners with a good, basic obedience course. In the meantime, restrict his access to chewable objects when you're away from the house, and give him plenty of exercise and attention when you *are* home.

Can a pet have a dual personality? Our unaltered male sometimes acts as if he wants to kill other dogs. Then, on other days, he is just fine. Your dog isn't schizophrenic; he just has a sensitive nose and a strong libido. When a female dog comes into heat, she discharges a scent called a pheromone—a sex stimulant. And when your pet gets that message on the breeze, it brings out the "macho" stud that's been locked up inside him. So watch him closely, discipline him if necessary and don't let him wander far from home.

Our dog won't walk on a leash—she pulls, tugs and gets all tangled up. It's a nightmare to take her outside! Your dog is simply telling you that your word does not carry conviction. She has gotten away with sloppy manners before, and she'll keep right on doing it unless you show her who's boss. Take her by surprise: The first time she even begins to move out of line, shout "No!" and jerk her leash hard. If you find it difficult to discipline her, have a friend do it for you. Either way, your unruly dog must be convinced that this time, you mean business.

When our dog is near anyone but immediate family, she starts to cower and roll her lip. I'm afraid she's going to snap. Did you adopt your dog when she was full-grown? Abuse by a previous owner may have made her neurotic—a potential fear-biter. That rolled lip and cowering is her way of saying, "I'm afraid, but if I have to die, I am going down fighting." I don't think owners should try to handle this one on their own; a professional dog trainer should be called in. The problem can often be corrected, but it won't go away by itself. *Never* ignore a dog's fears: It can lead to trouble.

Most of the time, my dog is gentle as can be. But when he's in the car, he becomes a snarling maniac! Dogs weren't always house pets, you know. As wild creatures, struggling for survival, they had to find a den and defend their territory against all comers. Because a car is a small, enclosed space, it may trigger that protective instinct. Your dog, in other words, is acting naturally; you must curb his enthusiasm by making sure he understands—and obeys—when you use the word "no" or "out." Your car, after all, is *not* his den.

Remember, your dog is an animal who's been conditioned from birth to accept a pack leader—and that's the role you must play. When it comes right down to it, how well he behaves is up to you. **End**

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HONORABLE OMELET

4 servings

2 small carrots, peeled and cut into julienne strips
1 large stalk celery, cut diagonally into ⅛-inch thick slices
1 medium onion, chunked
2 cloves garlic, crushed
1 teaspoon ground ginger
2 tablespoons salad oil
1¼ cups water
¼ cup Kikkoman Soy Sauce
4 teaspoons cornstarch
8 cherry tomatoes, halved, OR, 1 medium tomato cut into eighths
8 eggs
½ cup water
4 tablespoons butter, divided

Stir-fry first five ingredients together in hot oil over medium-high heat 1 to 2 minutes, or until tender-crisp. Combine next three ingredients; stir into pan with tomatoes. Cook until sauce boils and thickens. Keep warm while preparing omelets. Mix eggs and water. For each omelet: Heat 1 tablespoon butter in 8-inch omelet pan until hot. Pour in ½ cup egg mixture which should set at edges at once. Carefully push cooked eggs to center, tilting pan occasionally so uncooked eggs can flow to bottom. While top is still moist and creamy-looking, spoon about ½ cup vegetable mixture on half of omelet. Fold omelet over filling and turn out onto plate. Keep warm while preparing remaining omelets. Top each omelet with ¼ of the remaining vegetable mixture. Serve immediately with additional soy sauce.



KIKKOMA

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American Egg Board

The incredible edib
Amer Egg Boa

The Second Lady

continued from page 83

Petrov nodded, and beamed. Her ac-
nt was perfect. If Senator Bradford
ould win the presidency, his wife would
the First Lady. And Vera Vavilova
uld become a prize find.

Back in Moscow, Petrov summoned
ex Razin, a KGB deputy in the First
rectorate—the American depart-
ent—and instructed him to follow the
nerican political campaign, and write
ily reports.

On election night they followed the
llot"count by television satellite, until
ere was no doubt that Andrew Bradford
uld move into the White House in
nuary, with his wife, Billie. If Petrov
uld put a double for the First Lady in
e White House, for a short time. . . .

He sent a plane to pick up Vera
vilova in Kiev. It was a command, and
e came to Moscow without arguing.

When she entered Petrov's office, he
d Alex Razin with him. "Welcome to
oscow, Comrade Vavilova," he said.
ou remember our meeting in Kiev?"

"I would not forget it," she said.

"This is my assistant, Alex Razin."

They murmured greetings.

"We are planning to make a short
m," Petrov said, "a documentary about
llie Bradford, the wife of the President-
ct of the United States. You could play
e role of Mrs. Bradford."

"I am flattered," she said.

"You would have to move to Moscow at
ce."

"But my roles in the Kiev repertory—"

"Forget Kiev. You would be paid four
es what you have ever earned."

"Merely to play Billie Bradford in a
m? Where would the film be shown?"

"Never mind. Are you married? Do
have a lover?"

"Neither."

"Good. This is a secret project. You
uld drop out of sight, absolutely. But I
arantee you this, you would one day
ome the foremost actress in the Soviet
on. Are you interested?"

"I am prepared to do anything for my
ernment," Vera Vavilova said.

Petrov slapped his desk top. "Excel-
t! Wait in the reception room. Razin
bring further instructions."

When she had left, Petrov smiled at
im. "Well, what do you think?"

"She's nearly perfect. Erase the small
ek scar, shorten the nose slightly, let
hair grow longer, and she *is* Billie
dford."

"No, I mean my story about the film.
she believe it?"

"Possibly."

"Did you?"

Razin seemed amused. "Not really. But
m, remember I have been *(continued)*



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The Second Lady
continued

h the KGB many years. I am skeptical
ut the film."

ie transformation of Vera Vavilova into
lie Bradford began with a collection of
l photos and television films showing
physique, her gait, her gestures and
nnerisms. Audio tapes revealed speech
its.

Petrov seized five acres of land a few
meters south of Moscow, hidden be-
d a forest of pines. There he had a
tion picture sound stage thrown up.
ide the stage workmen produced por-
s of the American White House—the
sident's dining room, the Lincoln bed-
m, the Yellow Oval Room. To the rear
the sound stage a small house was
cted. Vera Vavilova moved into it, to
ell there alone.

Alex Razin reported that Billie Brad-
l was five feet six inches in height.
r bust was 34 inches, her waist 23
nes, her hips 34 inches, her weight 110
nds. Her shoulder-length hair was
and blond, her eyes blue; nose
ight, one and three-quarter inches
g, slightly upturned; mouth two and
e-quarter inches wide.

Razin had a KGB doctor take Vera
ilova's measurements. They differed
slightly from Billie Bradford's. Vera's
must be allowed to grow to shoulder
gth, and be made a shade darker. Her
asts must be enlarged three inches.
nose must be shortened by less than
-fifth of an inch. The small scar on her
er cheek must be removed. She must
eight pounds, including two inches
he waist and an inch and one-quarter
nd the hips. Could this be done?
he surgeons at the Moscow Institute
Cosmetology promised it would be
. What did Vera Vavilova say?
I don't mind losing the weight," she
Petrov. "But I don't like the idea of
tic surgery, merely for a movie. Why
t I look *exactly* like that Bradford
an? I look enough like her as it is."
t is necessary," Petrov said. "You will
erstand better at a later time."

distant Washington, D.C., Andrew
lford was sworn in as President of the
ted States. Two months later, Billie
lford gave American television view-
a tour of the private quarters on the
nd floor of the White House. Soviet
nts sent a videotape to Moscow. Vera
lova was ordered to watch it over and
, to memorize every nuance of the
t Lady's speech, every gesture, every
ement.

etween times an instructor played
s of Billie Bradford's speeches and
rviews. Vera Vavilova quickly picked
he First Lady's midwest accent, and
her easily recognizable lilting laugh. After six weeks, Razin told her to report to the White House set the next day to begin shooting the film.

"There really is a film?" she teased.

"Absolutely. And you are the star."

When the film was done, and Petrov had seen a final cut, he telephoned Premier Dmitri Kirechenko for an appointment in the Kremlin projection room. "It's a matter of high priority," he said.

The Premier sighed. "All right. Seven-thirty tonight."

Petrov brought Razin along to instruct the projectionist. Premier Kirechenko arrived at 7:34 P.M., with three politburo colleagues, Garanin, Lobanov and Umyakov. As always, the Premier was an imposing figure, five feet eleven, solid as a marble statue, immaculate in a blue suit and wearing rimless glasses.

"We are here," he said. "What is so important?"

"A new project," said Petrov. "It could change the world. First, two short pieces of film."

The lights went dark and the screen was filled with Billie Bradford gliding into the famous Lincoln bedroom of the White House.

"You recognize her, Mister Secretary?" Petrov called over his shoulder.

"The new American First Lady," replied the Premier. "A feast for the eyes."

She began to tell the stories behind the eight-foot rosewood bed and the Victorian furnishings purchased by Mrs. Lincoln. The footage ran on as Billie Bradford moved to the President's dining room. After ten minutes the film clip ended and the lights came up.

Petrov turned in his seat. "Now, one more showing of the film," he said.

"What for?" the Premier asked.

"You shall see," said Petrov.

The lights went down again and the screen showed Billie Bradford entering the Lincoln bedroom, pointing out the historic pieces of furniture, telling the stories behind them, repeating what had been shown before.

When the film clip ended, the Premier was glaring at his KGB chief.

"Petrov, why waste our time? The same film shown twice!"

"Forgive me," said Petrov, "but you are mistaken, Comrade. The first film that we ran showed the real American First Lady—Billie Bradford. However, the second film showed a Russian actress, Vera Vavilova, playing the role of the American First Lady."

"You are joking?"

"I am not joking," Petrov said.

"Incredible!" the Premier said. "Petrov, what do you have in mind?"

"Some time soon," General Petrov said, "there will arise a confrontation between the U.S.A. and the U.S.S.R.—in Korea, perhaps, or Boende, or Iran. The U.S.A. will back down, or we will back down, or there will be war.

"If we have a double for the President's wife, and can put her in the White House for a short time, we could learn what schemes the President and his Pentagon warmongers have in mind. Our triumph would be assured."

"Is it possible?" Premier Kirechenko asked. "Could your actress really do it? One slip, one error, could lead us to the brink of war."

"But if we bring it off," Petrov said, "it might guarantee our dominance over the United States for generations."

That had been nearly three years ago. Behind his desk, General Petrov came out of his reverie. Tomorrow would begin the countdown. *(continued)*



"Oh, I'm not talking to my friend anymore, we're just waiting to see who'll hang up first."

The Second Lady
continued

Upstairs, on the fourth floor, Alex Razin was stuffing file folders into a briefcase. Now, expecting to spend the night with Vera—their last night together for weeks to come—his hands trembled. When General Petrov appeared at his door, Razin felt a gust of relief. They could review the project one last time, just to be sure. If Vera fell asleep, he would waken her.

"I hope you're not too tired," Petrov said, settling into a chair.

"Not for this," Razin replied. He handed Petrov three thick file folders on Project Second Lady. "Everything's here."

Petrov opened the top folder. "Do you have a drink?"

"Yes, but no ice."

"Ice dilutes it."

While Razin filled glasses with vodka, the KGB chief flipped pages of data. For months there had been a serious gap in their information. What did Billie Bradford look like naked? As her husband must know her?

KGB agents learned that she enjoyed swimming in the nude, so a photographer was hired to shadow her on her vacation jaunts. He got nothing at Miami, nothing at Malibu—foliage or other obstructions shielded Billie from his telescopic lens. But during her second year in the White House she had flown off to a pr beach in Sicily.

One morning she shed her robe o beach and stood there naked, enj the sun. Razin's photographer had a view from the roof of a distant hous

When the frontal shots of the First Lady reached Razin, he comp them with nude pictures of Vera Vav The full breasts were identical. navels and bellies could not be told a But there was a small scar on Billie ford's right side. A KGB doctor s had resulted from an appendectomy solution: Put Vera Vavilova into surg get the scar duplicated.

It had been more easily said done. Vavilova hadn't liked posing i nude, but had yielded to Razin's pe sion. Now, when he said she mus dergo surgery, she balked.

General Petrov knew that he cou longer conceal the real purpose of P Second Lady.

They met one evening in the room of Vera's private quarters. P poured himself a stiff drink. "Do know what is going on?" he asked F "The purpose behind what we doing?"

"I think I have guessed."

Petrov swung toward the actress. you? Have you guessed?"

"It must be something to do wit KGB," she said.

"So now I will tell you," Petrov "We expect a confrontation with United States. When it happens, yo replace Billie Bradford in the W House for a short time. A dang role!"

She sat very still.

"Well, Comrade Vavilova?"

"I will continue in the role," she said. "I'll never have a better one."

After that she accepted the su scar.

All of these events were revive Razin's mind as he watched Petro viewing the records, flipping pages, ding, smiling.

It was at this point, Razin recalled Vera began living like an American spoke only English, she ate only ican food, she read *The New York* and the *Washington Post*. On her t sion screen she saw nothing except eotaped American newscasts, situ comedies, talk shows and Ame movies.

She was briefed on Billie Brad family—her father, sister, brother-in on her mother, dead for a decad aunts and uncles in Los Angeles, D and New York. Slowly, the briefing panded to encompass friends, the W House staff, congressmen. . . .

Above all, she was drilled on the ground, prejudices and habits of An Bradford. Here Razin ran into a s bling block. For more than two yea had tried to learn anything (*conti*

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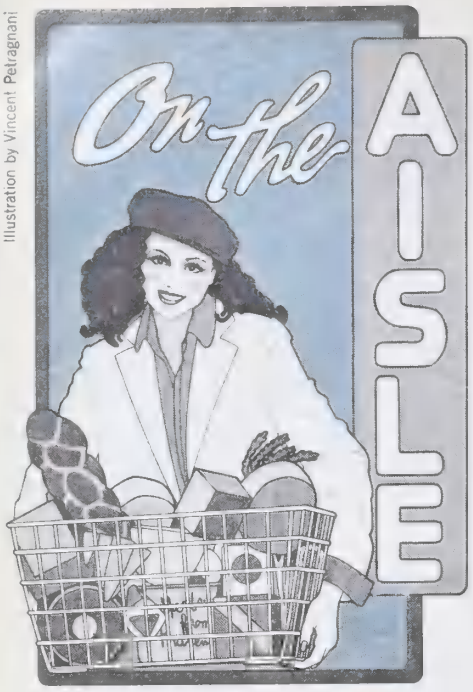


Illustration by Vincent Petragnani

A quick rundown on what's new/different for you and your family—to try, to enjoy. ● Kids love surprises (who doesn't?). Wait for the giggles when you cut into a chocolate Bundt cake and find a hidden ring of creamy filling. Tunnel of Fudge by Pillsbury. ● Your great-grandmother relied on buttermilk for duffy baking, but few today keep buttermilk on hand. Now you can get the tart by-product of buttermaking in easy powdered form. Saco Cultured Buttermilk Powder. ● Wok's up? A savory sauce that adds Oriental flavoring to meats, seafood and poultry. Mr. Marinade Teriyaki Marinade with Wine. ● Mama mia, when making your own pastas of plenty (lasagna, manicotti), pick a rich tomato sauce laced with spicy green and red bell peppers. Ragu Italian Cooking Sauce, Savory Peppers Style. ● Tired of dry cereal in the a.m., but too short on time? Speed-cook with a 3-minute microwave breakfast. Our choice: Scrambled eggs and sausage with hashed brown potatoes. By Swanson. ● Cutbacks. A tasty way to tighten your belt—substituting cheese slices that have 50 percent less fat. Great for grilled cheese sandwiches. Skim-American Slices by Borden. ● *Bleep-bleep.* Attention all stargazers. You'll want to try Space Buggies, moon-vessel shaped macaroni and ground beef in sauce. By Buitoni. ● To watch for: A new food technology on the horizon. Single-serving meat dinner (not frozen, freeze-dried or canned) comes in a "retort" pouch, stays on your pantry shelf. No preservatives. Delicious! Try Beef Bourguignon. By Continental Kitchens. ● Can you imagine what the mix of the juice of freshly pressed grapes and aged Cognac tastes like? Fruity yet smooth, it makes a refreshing summer spritzer. A light French aperitif. Pineau des Charentes by Reynac. **End**

The Second Lady
continued

about the Bradfords' sex life. Vera would have to know what Billie was like in bed.

Eventually, Razin had his big break. A KGB agent in Washington heard that a young redhead, a nurse on the White House physician's staff, served as the President's mistress occasionally. Her name was Isobel Raines, and she lived in a bungalow in Bethesda, Maryland.

The KGB put her under surveillance and ran a check on her past. It was learned that whenever the First Lady was out of the capital, the President had Miss Raines in his bed until dawn. The KGB also learned that, five years earlier, Miss Raines had lived in Detroit with a notorious Mafia boss.

Two agents hastened to Bethesda to blackmail her.

She was afraid that disclosure of her Mafia connection would cost her the White House job; even so, she would not discuss the President's bed habits. All she said was that the President had told her recently that his wife had some kind of problem, and her gynecologist had ordered her to avoid sexual activity for six weeks.

The report elated Razin. In the three weeks that Vera Vavilova would be playing the First Lady, there would be no sexual relations with the President. The last obstacle to Project Second Lady had been removed.

It was just then that relations between the U.S.A. and the U.S.S.R. reached a crisis. It centered on Boende, a small nation in central Africa with large deposits of uranium ore, recently discovered. As a democracy, Boende had close ties with the United States. But a huge rebel force—the Communist People's Army—waited on Boende's frontier for the Soviet signal to attack.

As the crisis worsened, Premier Kirechenko suggested a summit meeting between the President and himself, to be held in London. The President agreed, and chose the date.

A few weeks later, almost as an afterthought, the Soviet Premier's wife, Ludmila Kirechenko, announced that one week before the London Summit she would invite female leaders throughout the world to a three-day International Women's Meeting in Moscow. The subject would be women's rights, today and in the future.

Since Billie Bradford was closely identified with the subject, she felt obliged to promise to attend.

All of this was in the papers that Petrov had been reviewing in Razin's KGB office. He returned the file to the desk. "Three years' work. The First Lady arrives tomorrow—actually, today. It's out of our hands. From now on it's all the S ond Lady."

It was almost 2:30 A.M. when A Razin drove past the sound stage with imitation White House—soon to be t down—to Vera Vavilova's house.

She was asleep. In the bathroom Ra found a penciled note: "Dear Heart! B fore going to sleep, wake me. Don't f get. I love you. Forever, Vera XXX"

The affair had begun quite natura after months of platonic relationship. S had been in her kitchen, frying pan hand, as he entered. Misjudging his ste he had brushed against her back. apologized, and playfully kissed the ba of her neck. She had dropped the fryi pan, whirled about, reached up a kissed him passionately on the lips, clin ing to him.

They moved out of the kitchen, ho ing each other, kissing all the way u stairs to the bedroom. He had helped h to undress, stripped off his own clothe embraced her and carried her to the be And they stayed together, as one bein for a long time.

Razin wanted to make love to her th last time before her mission. He crawl into bed beside her, and slipped his ha under the blanket to caress her.

She turned over and opened slee eyes. For a moment she was Billie Bra ford. Then she reached out for him, h own Vera Vavilova. The knowledge th they would soon be parted drew the together quickly. It was like their fi time, passionate and ceaseless. Fina they collapsed, hugging each other. U der the blanket she sought his hand.

"I love you, darling."

"I love you more," he said. "I want y back safely."

"I'll be back safely."

"And we'll be married."

"Yes. Now I must sleep." She pause "Good night, Mr. President. Or may call you Andrew?"

Billie Bradford snuggled beneath th blanket on her side of the bed in th White House. As she began to doze, sh heard the bedroom door open. Th would be Andrew. She struggled awak He was in striped pajamas, a cognac one hand.

"Billie? Did I wake you?"

"I dunno. I'm up."

"Sorry to be so late. We're having rough time getting ready for Kirechenk God, I'm tired!"

He put down his glass, turned off th lights, and got into bed. She felt his fe touching hers.

"How are you feeling?" he aske "Ready for Moscow?"

"Suppose so. Wish I didn't have to go

"I wish I hadn't told you to go."

She felt his hand on her breast.

He said, "What I'd give if we . . ."

"Won't be long." *(continue*

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The Second Lady

continued

"Four weeks is long. Are you still bleeding?"

"Little. Not so much."

"It's something to wait for. Good night, darling."

Billie Bradford said, "Good night, Mr. President. Or may I call you Andrew?"

It was 7:55 A.M. in Moscow. Vera Vavilova was in her secluded house, watching a television screen. At her side was General Ivan Petrov, his beady eyes fixed on the blank screen.

"She has arrived," he said.

The image unfolded slowly—a gigantic airliner, decorated with the Stars and Stripes, rolling to a stop.

First to appear in the plane's doorway were two athletic-looking men.

"Her Secret Service guards," Vera Vavilova said. "The first is Van Acker, the other McGinty."

"And the woman behind them?" asked Petrov.

"Her press secretary, Nora Judson."

"And there she is." Petrov sat up straight. "See her? Billie Bradford, the First Lady."

There was a sheen to her flaxen hair. White earrings matched the white rims of oversized sunglasses. A patterned chiffon dress was molded to her body by a slight breeze. For the first time in her life, Vera Vavilova felt stage fright.

"She's too beautiful!" she gasped.

Petrov covered Vera's delicate hand with his hairy paw. "Does she scare you?"

"No, absolutely not," Vera Vavilova replied firmly. "Who is that impostor? *I* am the First Lady."

Inside the Palace of Congresses, in the mammoth main auditorium, Madame Ludmila Kirechenko was delivering the closing address to 2,000 women from 90 nations. It was the last day of the International Women's Meeting, and Billie Bradford was glad of it.

She sat wearily in the second row, wearing earphones, listening to a translation of Mme. Kirechenko's concluding speech. On one side of her sat the American ambassador, Otis Youngdahl. On the other side sat Alex Razin, with Nora Judson. In general the meeting had been what she expected—a pointless exercise in Communist propaganda.

Thank God for the farewell banquet this evening! After that it would be over, and she could sleep. But not long, she realized unhappily. Tomorrow, airborne again to Washington. Then off to Lond with her husband for the Summit me ing. Too much.

People throughout the hall were their feet, applauding. Mrs. Kirechen had finished. Billie put aside the hea phones and rose to clap her hands.

Presently she was inching up the ais two Soviet security men leading her a two of her own Secret Service men at h heels.

Outside, at the curb, the black Chai limousine was waiting to take Billie to h suite at the Rossiya Hotel. Nora Judso looked at her watch.

"We're running late. Tight schedul Billie."

Night had fallen over Moscow, but insi



the floodlighted Kremlin there was activity, especially in the large, airy office of Premier Dmitri Kirechenko, General Secretary of the Communist Party, Chairman of the Presidium of the Supreme Soviet, Marshal of the Soviet Union. His office walls held only two decorations: portraits of Karl Marx and V.I. Lenin.

Premier Kirechenko sat quietly at his desk, facing his associates: General Chuakovsky, Colonel Zhuk, politburo members Garanin and Umyakov, and two specialists in African affairs. They held briefing books in their laps.

"All right," said Premier Kirechenko, "I have your suggestions. I appreciate them. Now, so there is no misunderstanding, let me sum up our position before we go to the meeting in London."

He lay back in his swivel chair, slipped off his rimless spectacles and closed his eyes.

"Boende," he said. "An insignificant country until uranium was found. Mwami Kibangu, the president, will sell us only a fraction of what he sells to the U.S. His government is propped up by the Americans. Meanwhile, our man Colonel Nwapa heads a people's underground army that might overthrow Kibangu."

Premier Kirechenko opened his eyes, his glasses dangling from his fingers. "We expect that President Bradford will propose at the London Summit conference a treaty pledging that there will be no further foreign intervention anywhere in Africa. But if we learn before the Summit that U.S. arm shipments to Kibangu are not as heavy as he claims, we could signal Nwapa to attack."

Kirechenko adjusted his glasses to the bridge of his nose. "We have a secret weapon that will dig the truth out of President Bradford—so we will know how to proceed at the Summit. I want you to see this secret weapon before it is launched."

He pressed a button on his desk. Double doors leading from the reception room swung open. General Petrov entered, stepped to one side, and gestured.

She came slowly through the doorway and advanced toward the Premier's desk. Her head was high, her carriage erect. She wore a brown flared skirt and a beige silk blouse, low cut, with a gold chain holding a tiny medallion at the cleft between her breasts. Her blond mane was smooth and her sapphire eyes twinkled.

She extended her hand to the Premier's, and solemnly shook it.

"Premier Kirechenko," she said, "I am honored to meet you at last. I am Billie Bradford. My husband, the President of the United States, has requested that I convey his warmest personal greetings."



The Premier smiled. Taking her by an arm, he turned her to face his associates.

"Gentlemen, meet the Soviet Union's greatest actress, Comrade Vera Vavilova—Petrov, bring her a chair. All of you sit down.

"Here is our secret weapon," the Premier continued. "Her findings will guide us to victory. Are you ready, Madame First Lady?"

"I am, sir. I shall fulfill my mission."

Kirechenko extended his hand. "Good luck, Mrs. Bradford. My regards to the President."

Fatigued as she was, Billie Bradford had to admit that the scene was impressive. She and her party were seated at one of the four banquet tables stretching along the walls of the dazzling Hall of St. George in the Great Kremlin Palace. She had been placed between the interpreter, Alex Razin, and the American Ambassador, Otis Youngdahl. In the gilt chairs on either side of them were Nora Judson and Protocol Officer Fred Willis.

The czarist hall, she had *(continued)*

The Second Lady

continued

been told, was 200 feet long and 60 feet wide. Eighteen spiral zinc columns supported the vaulted ceiling, from which hung six giant gilt chandeliers.

A waiter in white livery was removing her plate. Billie guessed it to be near midnight. Dessert was next, and after that the endless day and evening would be over.

She tried to think of the first course, and counted forward. Fresh caviar and vodka. Fish puffs, more jellied fish, followed by venison and a salad. Wild fowl broth with quenelles, then cold kvass soup, whatever that had been. A baked white salmon. Next, sturgeon with Georgian white wine, followed by filet of beef with Moldavian red wine. She had survived by eating mere morsels.

The waiter was setting strawberry ice cream before her and pouring champagne. At the center of the banquet table Premier Kirechenko was standing, glass held high, offering a toast. Billie felt Alex Razin's breath in her ear as he whispered a translation. The Premier was toasting the success of women everywhere, the jobs they would hold, the babies their husbands would have. Joke. Laughter. Then, more seriously, he toasted the forthcoming London Summit.

Everyone was up, joining in the toast. Billie took a sip of champagne and made a face.

"I can't finish," she told Razin. "I hate the stuff."

"Please, Madame," he said. "Not to drink it would be a breach of etiquette."

Shrugging, Billie swallowed the contents of her glass in quick gulps. It was more bitter than usual.

An amplified voice was announcing something in Russian. Lights dimmed, and spotlights caught a ballet troupe in the middle of the hall, poised to begin vignettes from memorable ballets.

Billie tried to follow the whirling, leaping dancers on the floor. Her eyes were bleary. About to nod off, she heard the music stop. She pushed back her chair to rise, but Razin's hand gently held her down.

"Mrs. Bradford, please," he said. "There is one more entertainment. Our world champion women gymnasts."

The spotlights came on to reveal six tiny girls, clad in leotards. Light as air, they bounced about, tumbled, balanced, spun on the bars, to bursts of applause. Billie tried to focus on them, but the six shimmered into 12.

The next thing she knew, Ambassador Youngdahl was shaking her awake. "Come on, Mrs. Bradford," he was saying, "Time to get back to the hotel and into bed."

They were out of the elevator and in the third-floor corridor of the hotel. The Secret Service men on the night shift, Oliphant and Upchurch, were on either side of Billie, each gripping an arm.

"Can I help you inside, Ma'am?" Oliphant asked.

"No, no." She pulled an arm free. "Goin' ri' to bed." She weaved into the living room.

"I'll be outside your door all night," Oliphant called after her. "Just let me know if you need me."

She entered the bedroom on rubbery legs. Teetering, she pushed off her pumps, unzipped her gown and let it drop. The walls of the room were going round and round. She fell into bed.

Darkness. The clock on the bedstand read two-ten. Billie Bradford slept deeply. The bedroom was still.

Then something moved—the small throw rug on the planked floor beneath her bed. Slowly, eerily, one end of the rug rose an inch, two inches. . . .

Now four oak planks beneath the rug were rising. A big-knuckled hand materialized next to the rug, pulling it aside. The planks were being lifted sideways. Now the bedroom floor had a hole in it, five feet long, four feet wide. A male figure, black clad, rose through the hole. Moments later another shadowy male figure emerged from the hole. They tiptoed close to the bed and looked down at the sleeping woman. In a flash of motion a handkerchief was whipped across Billie's mouth, and the needle of a hypodermic syringe slid into the flesh of her arm. Her body heaved as she tried to struggle away.

Carefully, the two men lowered her into the hole in the floor. Other arms reached up for her, drew her down out of sight. The bedroom was emptied of life.

For a minute only.

Out of the floor opening came a female shape, pushing herself to her knees, ing to her feet. She replaced the f planks and the rug, and cocked her h toward the outer door. Silence. The cret Service men in the corridor had been disturbed.

Smiling, she got into bed and peere the travel clock. Two twenty-six.

She found the sleeping pill on nightstand, next to a glass of water. predecessor hadn't been in shape to t it. Perhaps she shouldn't take it eit But she had to get up at five A.M.. curtain was rising. The play would be

Good-bye, Vera Vavilova. Hello, H Lady of the United States.

Coming out of sleep was like climbi steep and endless staircase. Billie Br ford kept her eyes shut, hoping the he ache would go away. She had to be up five A.M. to leave Moscow for home.

She opened her eyes and shifted head on the pillow, taking in the b room. This was not her bedroom in Rossiya Hotel suite. This was a differ room, utterly different, from the floo wallpaper to the modern furniture.

She got into her robe and walked i the living room. It was far more spaci than her living room in the Rossiya. men were sitting there, talking lowered voices. What were they do here? What was she doing here?

One man she recognized—her Russ interpreter for the past three days, A Razin. The other one, a short barrel c man, she had never seen before. Th got to their feet. Billie addressed her to Razin.

"What's going on here?" Her gest encompassed the room. "How did I here?"

Razin said, "I'll try to explain," but burly one interrupted. *(continu*



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The Second Lady
continued

"I will answer your questions, Mrs. Bradford. Razin, bring her some coffee."

Obediently, Razin hastened toward the kitchen.

"Come here," the burly one said, leading Billie to a sofa. She meant to defy him, but sat down, drawing her robe together at the knees. He remained standing.

"Let me introduce myself," he said. "I am General Ivan Petrov, chairman of the KGB, our security police. We removed you from your hotel last night and brought you here."

"You—you *what*?"

"Brought you here," Petrov repeated patiently. "You wonder why—"

"Wait a minute," Billie flared. "You kidnapped me?"

Petrov shrugged. "You could call it that."

"You kidnapped me, in my sleep? It's impossible! How could anyone—" she faltered. "Unless—unless I was drugged."

"At the banquet," Petrov said. "The champagne."

"Are you crazy?" Billie's voice rose. "You *must* be. When my husband hears—"

"Mrs. Bradford, your husband will not hear," Petrov said with an infuriating smile. "I promise you, he will not hear."

She was speechless, utterly confounded.

Razin returned with a tray of coffee, black bread, and jam.

"Mr. Razin!" she exclaimed. "Tell me I'm dreaming."

Razin averted his gaze.

"This makes no sense," she said, her voice touched with hysteria. "No one kidnaps the President's wife, unless he is insane. Do you know what this can lead to? Do you? Are you trying to blackmail the President? It won't work. This is unbelievable! What are you after? I have to be on my plane in a few hours. We're leaving at eight this morning."

"It's now four in the afternoon," said Petrov. "Your plane left hours ago."

"It wouldn't leave, not without me."

"You are correct, in a sense," agreed Petrov. "But I assure you, Mrs. Bradford is on Air Force One."

She stared at him, uncomprehending.

"We must know your husband's plans for dealing with us at the London Summit," Petrov said, "so we have placed an undercover agent in the White House to learn his thinking. A woman who looks exactly like you."

"Exactly like me? Impossible!"

"Same face, same body. We spent three years training her—"

Billie was aghast. "It's absurd!" She shook her head. "My double? It can't work. And me, what about me? What are you going to do with me?"

"We will keep you here for about two weeks while our agent acquires the information we need. On the last day of the Summit we will fly you to London, exchange you for our agent, and no one will ever know it happened."

"Never know!" Billie exclaimed. "I'll tell my husband, everyone—"

"Don't try, Mrs. Bradford, for your own sake," Petrov said. "No one would believe your babblings about such an insane enterprise—as you have called it. If you persisted in your paranoidal story, you would end up in—Razin, what's that place called?"

"Menninger Clinic, sir."

"Yes, in a hospital for the mentally unbalanced. No use, Mrs. Bradford. When you return home, you'll have to keep quiet."

Petrov retrieved his cigar case from the coffee table. "Now I must go," he said. "Eat, sleep, exercise, read. We have English books for you, your favorite authors. Videotapes of American films. You will come to no harm, unless—" his voice grew threatening—"unless you try to escape. Then you will suffer."

He walked to the door.

Billie shouted after him. "You'll never get away with it!"

Hand on the doorknob, Petrov smiled. "We already have—show her, Razin." And he was gone.

Alex Razin sat on the sofa across from Billie.

"It can't work," she said. "The minute she steps out of the helicopter on the White House lawn, my husband will know—he will know the other one isn't me. He'll know she is an impostor." She hesitated. "The other—the other man who was here—?"

"General Petrov."

"Yes, Petrov. What did he mean by saying, 'Show her'? Show me what?"

Razin put a reel of tape in a videotape machine, which was linked to a television set. "He wanted me to show you this. An event we've just recorded via satelli from American television. Your arrival t day at the White House."

Billie saw on the screen the preside tial helicopter settling slowly on th White House lawn. There was the he copter door opening. There was she- Billie Bradford, emerging, waving.

Viewing this, Bradford gasped. On th screen she, herself, no question. H own hair, her own face, body, clothe She was descending. She was on th lawn. A shot of her husband moving the foot of the stairs. Andrew. She was his arms. They were embracing. H kissed her. There was applause off scen as he led her to a battery of microphone She was speaking. The Internation Women's Meeting in Moscow had been success. But it was *so* good to be home

Bradford stared at the televisio screen. Her own voice, her own gesture All faultless. All from a Russian imposto She watched Andrew leading her to th South Portico. Andrew taking her in their home as his own, as his wife.

You'll never get away with it!

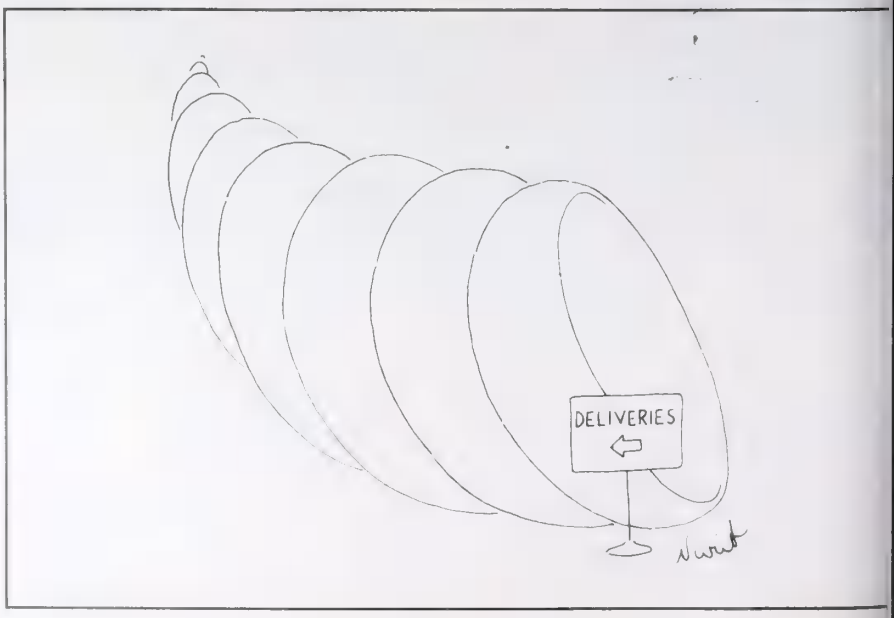
We already have. . . .

Billie sat stunned, arms crossed on h chest, her fingers clutching her ribs. Sh began to rock on the sofa. The KGB w inside the White House. Her positio was hopeless. Yet she reached for hop and found one loose strand to grasp.

The hoax might be settled tonigh Tonight, when Andrew and the impost went to bed. The Second Lady could n know that the First Lady must absta from sex for four weeks. The impost would probably try to have sex, and th would make Andrew instantly suspicious

Damn it, there *was* hope.

With difficulty, Billie brought hers back to Razin, and pretended a smile concession. "Okay," she said, "first roun to you people. But mark my words, i not over. For your Second Lady, it's on the beginning—the beginning of dee trouble." E





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DAN RATHER

continued from page 78

evening. He's the only person I know who *finished* a correspondence course in electrical engineering." A fond grin spreads across Dan's face. "He was not a very complicated man in the sense that he got up in the morning, went to work, did the best he could—and felt good about it—even if the best he could do meant finding a leak in a gas pipe or setting a telephone pole straight. But I think he was intellectual because he had an abiding curiosity about *everything*. Sometimes he took me to work with him." He chuckles. "On the work gangs you learn a lot about poker, how to shoot dice and chew tobacco."

While Dan's father thought his son's ambition to study journalism was frivolous, compared with "something solid" like engineering, his mother cashed in two precious $25 U.S. Savings Bonds to enroll him at Sam Houston State University in Huntsville, Texas. With the help of a football scholarship (which he later lost), a part-time job at the local radio station, and a lot of hustle, he got his B.A. degree in 1953.

After a spell of teaching, six months in the Marines, then jobs at UPI and the Houston *Chronicle*, Dan joined the CBS radio affiliate, KTRH, in Houston. There he met his future wife, Jean Goebel, an attractive, five foot three inch brunet, working her first day as secretary to the station manager. By now, a confirmed workaholic, Dan was broadcasting around the clock, also attending night law school and, "sometimes literally," living at the station. But he stopped short to invite Jean out for dinner and dancing that first night. "I was taken by her smashing smile," he remembers, "and her terrific enthusiasm. I wouldn't have survived this killer business without her. She's descended from women who literally dug Indian arrows out of their shoulders, and beat out cabin fires with their husband's bloody shirts. The sense you get from Jean is her strength, that, yes—*anything is possible*. She'd be the ideal person to go cross-country with in a covered wagon. I think you could probably make the trip in a shopping cart, and she'd push most of the way."

After they were married and after four years at the radio station, Dan made a significant move to CBS's television outlet KHOU-TV. Then, in September 1961, his bold on-the-spot reporting of Hurricane Carla really launched him. A story has grown up over the years that, before the camera's eye, Dan rescued a stranded horse from drowning in Carla's flood waters. In his best-selling 1977 autobiography however, *The Camera Never Blinks*, he pooh-poohs the tale. "Right horse, wrong jockey," he laughs. "It was said that I leaped from a second-floor window, landed on the horse's back, Hopalong Cassidy-style, rode him out and jumped over a wire fence . . . I only regret that it didn't happen."

The overall competence and derring-do of his hurricane coverage, though, caught the eye of network brass in New York. Before long, Rather was promoted to CBS bureau chief in Dallas and ever since, he has usually been where the action is. He covered the civil rights movement's flashpoints, gaining close access to Martin Luther King. In Dallas, November 22, 1963, he scooped all other news sources by 17 minutes with news of President Kennedy's death, then going without sleep, reported the four-day aftermath. Promoted to White House correspondent two months later, then London bureau chief ten months after that, he wrangled a year's assignment in Vietnam before returning to cover the White House.

Dan's straight-shooter reputation is largely built on a reluctance to pal around in clubhouse journalism or to be compromised by chummy officials. This was most apparent during Watergate when he made Nixon's "enemies list," and Bob Haldeman actually pressed CBS News president Richard Salant to move him off the White House job.

Earlier attempts to hobble Rather had failed. There seems little doubt that White House "plumbers" broke into his Georgetown house shortly after midnight April 8, 1972, when they thought he and his family would be out of town. Due to a last minute change in plans, the Rathers were home that night, asleep upstairs, when they heard burglars. Dan slipped out of bed, grabbed his 20-gauge Browning semi-automatic shotgun and hollered down into the darkness. "I don't know who you are or what you want, but if you don't get the hell out of here, I'm going to blow your . . . off. And if you don't believe me, listen to this." He dropped shells into the gun's chambers—click!—and cocked it. The burglars fled, leaving valuables untouched. But Dan's files were in disarray.

New trend

It's been said that Dan Rather's move into Cronkite's job signals a new trend at CBS—going for news with more sex appeal. After 30 years of hard work, during which he was nicknamed "Driven Dan," he bridles at the notion of getting there on his looks. "For every time physical appearance has helped me, I remember a time it's hurt," he says testily. "It's double-edged. I knew from the start of my career I had to develop better credentials than most people if I were to survive. For two reasons. First, my formal education was minimal for what I wanted to do. To be a correspondent. To be on the road. You talk about 'Driven Dan'? That's what I'm driven to. I'm addicted to the road. I don't care where. I even hate days when I'm in the office like this. I mean—" He glances out the window. The sun is hot now and streaming in the window. He dismisses it. ". . . Very nice, but I don't like to be here. I like to go, do, report, see, hear. [Rather did just that again in April when he and a TV crew, disguised in native dress, slipped across the Afghanistan border to report firsthand on the Moslem rebels' war against invading Soviet forces.] Secondly, I came into television when it was consuming radio. They'd say, 'Oh, TV's just going for the most physically attractive people they can find and Rather's one of 'em.'"

They considered him a glamorous lightweight?

"Exactly. They didn't consider that I'm a good reporter or that I've paid my dues in the field. Look, CBS wanted someone with wide and deep experience. There certainly are a lot of people around who are better looking and younger than I am. Really, the star system is bad for the news, dangerous, and it's growing."

Nevertheless, star or no star, Dan doesn't hide like an "unknown" in gunnysacks. Most of his $400 suits are custom-made in London by the prestigious tailors, Kilgour, French & Stanbury. He knows blue and gray look good on him, that plaids and bright sport coats don't. Maybe pocket handkerchiefs have been outlawed at ABC (they lack the common touch), but Dan favors them especially to add color to "a dark person wearing a dark suit, on a large set."

It was the elegant, long-time CBS News correspondent, Charles Collingwood, an early role model, who touted Dan to the advantages of tailor-made suits: "Comfort I never *believed*," he says of his now habitual attire, "and they hold a press when you travel. It used to drive me up a wall that as soon as I got anywhere I'd have to pull out the travel iron and press my trousers. That's a holdover from the Marines. I can't stand trousers that don't have a crease."

Still, he doesn't go overboard. Jean Rather buys most of his ready-made clothes and reminds him when he needs a haircut. If his long sideburns look a bit dated on the screen, he considers them a kind of trademark. "Some things you stay with whether they're in fashion or not." At six feet, he keeps to a trim 180 pounds and 33-inch waist by jogging 20 miles a week in Manhattan's Central Park. "My weakness is chocolate ice cream. If Jean keeps a gallon around, I'll eat the gallon."

Shuns publicity

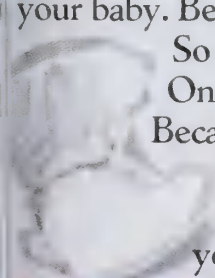
Running very much through the story of Rather's climb to the top is the little seen figure of Jean Rather, a woman who passionately shuns publicity. While her husband has been trotting the globe, her task has been to bring up the rear and raise their children, daughter Robin, now 21, a student at Tufts University, and son Danjack, 19, at Columbia. *(continued)*

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DAN RATHER

continued

Understandably, there have been some problems, common ones.

When Dan first joined the network in 1962, he was home 41 days the first year, 32 the second. Matters came to a head following his year in Vietnam (when he got home once), and he planned to return to the London bureau. Jean put her foot down. "Look," she said, "you are this man shot from a cannon. Boom. There you go. It may be exciting for you, but for the rest of us, around the base with fingers in our ears, there are some problems." To make her case, she declined at one point to move yet again, and finally persuaded him to spend more time at home and make every second of it count.

"It was a dangerous time for us," Dan admits. "Jean said, 'We really do need to go back to America. Robin is older, but Danjack is at the critical age when he needs his father. He needs to know who he is, what he is and where his roots are, or he might have a lot of trouble.'"

Fortunately, Dan was able to comply, resuming his post in Washington, D.C. Earlier in Houston, he had come home one night to find his son, then age three, sitting beside their front yard drainage ditch, holding a pole that dangled a safety pin. "What are you doing?" he asked. "Practicing fishing," replied young Danjack, wistfully.

That was when Dan took up father and son fishing, real fishing. Discovering the boy's further interest in reptiles and lizards, he encouraged it until the Rather basement held two iguanas, one nearly six feet long. "Jean was scared to death of them," chuckles Dan. "She practically ground her teeth down to nubs before saying, 'Look, these things have to go.'"

When Robin grew to love basketball, Dan spent long hours practicing with her. She's now captain of the Tufts' girls basketball team.

Grievous errors

"I made some grievous errors when the children were quite young," says Dan, "but we're very close now. Mostly thanks to Jean, they are both level-headed with excellent judgment. I don't give advice to other parents, but I've practiced a policy of 'stop, look and listen' with my children. Ask yourself what is the child interested in? Not where are *you* interested in taking the child."

As a newsman who sees so much of the underside of life, he must have given his children advice. What has he said to them, for example, about premarital sex?

". . . Uh, *their* call," says Dan, glancing at his watch. "Not mine. That's their decision. At school they were taught early and well. I thought around twelve or thirteen was best, but Jean said absolutely not—eight or nine. By the time sex became a question for them, I honestly don't know what decisions they made. I don't particularly need or want to know."

What about pot?

"I told them in the beginning, I thought I knew the reality of peer pressure in their world," says Dan, "and I urged them to do two things. First, keep a line of communication open. Second, if you're hell-bent to try pot, and I suspect you will be, then try it at home around people who care about you. Of course, they didn't take the advice. I suspect this will bring smiles to parents everywhere because my father told me the same thing about liquor."

As a man who wants to see, hear and do everything, has he smoked marijuana himself?

Dan eyes his visitor for a full ten seconds. ". . . I obey the law," he says carefully, then waving away the dodge, adds, "I don't want to be coy with you. I have not smoked pot in this country. As a reporter—and I don't want to say that that's the only context—I've tried everything. I can say to you with confidence, I know a fair amount about LSD. I've never been a social user of any of these things, but my curiosity has carried me into a lot of interesting areas.

"As an example, in 1955 or '56, I had someone at the Houston police station shoot me with heroin so I could do a story about it. The experience was a special kind of hell. I came out understanding full well how one could be addicted to 'smack,' and quickly. When the children were fairly young, and there was so much emphasis everywhere on drugs, it was not possible for them to tell me I didn't know what I was talking about."

Dan says it's hard to overstate Jean's contribution to his career and their happy family life, but she would rather not comment. "I have not chosen that kind of public life," she insists, her pleasant, well-bred voice bearing no hint of Texas. "What is most helpful for me, and particularly helpful for the children, is to keep a very low profile and to have the quiet I thrive on."

But people want to know how she has coped as wife of that man shot from a cannon. "I think," she chuckles, "you're seeing how I cope."

It appears that long ago, like so many homemakers, Jean Rather came to ter with her sometimes solitary role as t wife of a man who travels. She sho dered nearly all child-raising respo sibilities, made the most of his at-ho time; played her trump card, the timatum, on those rare critical matt (like forming Danjack's roots), and—i portantly—developed her own intere as a woman. An avid reader, museu goer and tennis ace, she is serious ab painting in oils. "She has 'kept up' m than I have," notes Dan. "It's true she never worked outside the home, ot than for her painting, but I've alw been sensitive when people speak of th She considers being a wife and mothe high calling. I agree. She was a femin before it was popular, in the sense t she is fiercely independent. She's ne had to walk softly around me. We're equal partnership."

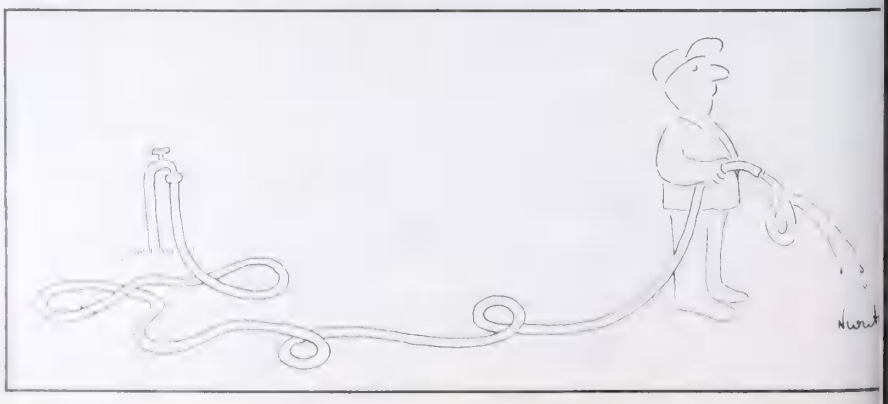
Jean is also his most honest sound board. His work day usually ends in th living room, over a glass of wine, chew over the day's events. They live a low-k lifestyle, their only residence a six-ro apartment done in comfortable Mod and Early American. Several of Je paintings line the walls. Even with D income moving well into seven figu their only plans are to spend more t together and buy a small retreat in Te The question is, will Dan Rather e slow down?

"Yes, I suppose that's my worst tra he sighs, wearily glancing out the w dow. "I too readily say yes to people over-commit. A friend recently told m share some of Edward R. Murrow's b traits and some of his *worst* ones, t Murrow, you know, is the idol of us and one of his worst faults was that always said yes to people. And it j wore him out. I recognize that in mys I think I can do more than I actually c I stretch myself very thin and frequen wind up hurting people's feelings. I'm getting better at that."

And of the future? What does dream of?

"I'm living my dream," says D breaking into a big grin, "and I have f very long time."

For someone who has worked so ha so well and so long, he's certainly entit to it.



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INFLATION-PROOF YOUR MARRIAGE

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today's economic realities. One of Lynda's biggest gripes: She wants to quit her job and have a baby, "but Bob says it's out of the question right now. Not with the inflation we have, and a possible depression to come. We're barely scraping by as it is. Still, it seems so unfair," says Lynda. "I'm twenty-nine and I don't want to wait too much longer to start a family. Marriage without children seems so meaningless to me." Last fall, Jim Guy Tucker, a former congressman from Arkansas who was selected by President Carter to chair the White House Conference on Families, cited spiraling inflation as one of the most serious problems affecting family life today. Carl Doeing, Director of the Family Counseling Service in Albuquerque, New Mexico, agrees.

"People today are not psychologically prepared to handle the restrictions forced on them by inflation," says Doeing, whose agency is part of the nationwide Family Service Association of America. "They've been raised on the Great American Dream so they believe that anyone who is willing to work hard can not only make ends meet, but can make it to the top. They're not prepared to lower the standard of living they feel entitled to."

All of us expected that we would one day live better than our parents ever did. And as adults, we expected that every year would bring us closer to that goal—after all, that's progress. But because of higher prices and interest rates we haven't been able to satisfy our aspirations lately. Instead, we've had to tighten our belts. We feel broke, but on paper, it seems we've never earned more. And we don't expect things to get better.

A recent University of Michigan study showed that 76 percent of consumers expect financially bad times next year, and 72 percent anticipate a slumping economy over the five-year period ahead. "Inflation is now viewed as a long-time prospect, not a short-term aberration," the researchers at the university declared.

"What's happening to our country—to *us*?" we ask ourselves. "We've worked hard, we've kept our part of the bargain, so where's the payoff?" We feel disappointed, anxious and sometimes very angry. "Everyone's feeling a lot of frustration and resentment which, all too often, they take out on the people who are closest to them," says counselor Doeing.

"Cutting corners is no fun for anybody. Women who expected their lives to get easier once they passed the early stages of marriage are upset and angry when this doesn't prove to be the case," Doeing adds. "Husbands are just as frustrated. They expected to be able to provide the good life for their families and they can't. This puts a great strain on relationships. Husbands and wives strike out at each other. They become obsessed by such things as whether one is making more personal sacrifices than the other."

For some couples, inflation may create conflicts so great that their marriage is severely threatened. What are the major sources of tension?

No room for one more

"It would be one thing to miss out on motherhood because I was unable to have children," says Lynda. "Then I could figure God meant it to be that way and somehow accept it. But because of money! That makes me furious!"

Lynda's mother had four children. Zero population growth was not a concern of her generation. They filled their nests with offspring, having full faith in their ability to provide what was necessary to launch them successfully into adult life. They assumed, as their parents had, that there was always room for one more.

But for young couples today, the decision to start or increase the size of their families is a major one, and one that could understandably become a source of friction. And couples who already have all the children they planned on are finding that the cost of rearing children is soaring far beyond what they had ever imagined.

"Jim makes good money," says Ellen, 43, the wife of an engineer in Memphis, Tennessee. "When our three children were still babies we started a savings account for them and just naturally assumed that when the time came, we would be able to send them to private colleges. Were we ever wrong!

"I'd be more than willing to work, but we'd actually lose money that way. We'd be shoved into a higher tax bracket," says Ellen. "Anyway, what can you do with a twenty-year-old B.A. in English?"

Jim and Ellen have been lucky. They were able to solve their problems. Their two children won scholarships and Ellen decided to return to school. "I went back to school as an engineering major. It's a whole new ball game and I'm enjoying the challenge. When I graduate I'll be qualified for a job that pays as much as Jim's. By that time, there'll only be our youngest left to send to college. We can do it." But some couples are not as lucky. They have no way to expand. They can only contract. And they must dig in and find ways to maintain their relationship.

The dream house is gone

The desire to put down roots, to have a home of one's own, is innate in most of us. Yet with the price of real estate today and with mortgage money so tight, few young couples can finance a home. But one couple, from Washington, D.C., wouldn't give up on their dream.

"Two years ago, I had serious doubts that our marriage would last," says Joan, 32. "All Mike and I did was fight about money. Once our six-year-old daughter saw me take my checkbook out of my purse and started crying, 'Please put it away! You'll make Daddy mad again!'

"Then Mike was offered a position as an administrator of economic research at a university in New Mexico. We decided to make the move—and we've had no regrets. The cost of living is so much lower here that we were able to finance a sixty-thousand dollar home that would have cost two hundred thousand in Washington. And most important, Mike and I are beginning to relax and really enjoy each other and the kids again. The sense of security we have has made a big difference in our lives."

But many couples are not in a position to switch jobs and living situations as easily as Joan and Mike.

"Buying a home is out for us," says Sara, a housewife in Gaithersburg, Maryland, whose husband, Doyle, is employed in Washington, D.C.

"We live with our two kids in a rented townhouse that runs us four hundred and fifty a month, plus utilities. Doyle has a long commute—he gets up at dawn and doesn't get home until our youngest is in bed. But we can't afford to move closer to the capital because the nearer you get, the harder housing is to find, and the more expensive it is.

"Doyle is so tired some nights he can hardly eat dinner. We yell at each other a lot these days, and I know it is just because we're both so worried, and he's so exhausted."

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Obviously Sara and Doyle need some lp in weathering their bad time. There no easy, pat answers. But they can vive if they determine they *have* to.

The extras are harder to get

"I feel guilty every time I serve my nily a meatless meal, but with ham-rger up over two dollars a pound, what I do?" asks Sandi, a 34-year-old ther of three preschoolers. "My hus-nd tells me I complain too much, but I ent not being able to get the house air-nditioned or buy a second car. Last ek, I had to drag two feverish young-rs across town to a doctor on a city s. I'd like to see him try it."

The American Dream has always gone e step further than the acquisition of basic necessities of life. We want re than just to get by. Why shouldn't have those lovely extras that give us asure? Who doesn't want an occasional ation, tickets to the theater or a con-t, a night out, a new piece of furni-e? And we want to give our kids those ras, too—a ten-speed bike, ski trips, e clothes—all the things we didn't e. The outlook, however, is bleak.

A moderate standard of living for a ical urban family of four has been essed by financial experts as requiring income of $19,000. If inflation goes up percent a year, this same moderate ndard of living will require an income of about $50,000 ten years from now. Sacrifices will have to be made—and luxuries are often the first thing to go.

"I'd give the world to be able to take our kids to Disneyland," says one mother of four. "But we can't even afford the gas to get there, much less the motel, the meals out, the tickets to the shows and rides. By the time we can afford it, the two oldest will be too old to enjoy it."

Leisure enjoyment, considered an essential part of the American Dream for so long, must now be modified. Substitutes for expensive recreation must be found.

The new job pressures

Today, over half of the women in America work—most because they have to. The result has been a dramatic change in roles within the family. David H. Kelsey, an Albuquerque divorce attorney, is in a position to see marriages that suffered when the wife took an outside job.

"While there are undoubtedly many marriages that have been strengthened when a wife works, the ones I see in my practice are the others," says Kelsey. "It takes a self-assured man not to be intimidated by his wife's success in an area he was raised to regard as his alone."

Kelsey feels that in some cases a husband is rightfully threatened, especially if the marriage wasn't a happy one to begin with. "The housewife driven into the job market by inflation soon learns that she can function on her own. In my opinion, the reason for today's rising divorce rate is not so much that there are more bad marriages as that, for the first time, women do not feel they must remain in them." (He doesn't mention that her money problems could be worse these days if she is single.)

Another possible source of conflict: A woman may be shocked and discouraged to discover that her salary does not solve all her family's financial woes. In fact, they may be no better off than they were before she started working. When a woman begins to view her job as a necessity, when she feels she cannot afford to stop working if she wanted to, resentment may set in.

"It's like we've gotten ourselves into a rat race and we'll never be able to get out of it," says Peggy, a mother of two who took a job in an insurance office a year ago. "There's the cost of baby-sitting, transportation, lunches, pantyhose. Our food bill has increased tremendously—I simply don't have the time anymore to shop for bargains and clip coupons.

"Maybe I can quit in a few years, but probably not," she says. "Our earnings are up, but so are our expenses."

"A second income used to be considered a luxury, or an emergency measure," says Carl Doeing. "The family with only one working member always knew that if worst came to worst *(continued)*



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INFLATION-PROOF YOUR MARRIAGE

continued

the other could pitch in and help bail them out. If both husband and wife are working from the start, that option is closed to them." Fewer options lead to greater anxiety. If one partner loses a job, the roof may fall in. Should that happen, the strain on a relationship may be more than financial and require special attention to the needs of both partners.

Don't bank on the future

A lot of jokes have been made about the early years of marriage during which couples "live on love" and eat beans and hot dogs off tables fashioned from orange crates. Most middle-aged married couples have been through those years and even enjoyed them as a special, temporary stage of life, one to be viewed nostalgically. It probably didn't occur to them that they would one day find themselves in the struggling stage again.

Myra, 48, and her husband, Bill, 57, are schoolteachers. Their current combined income gives them a pleasant life, but they are growing increasingly concerned about their future.

"Bill will soon be eligible for retirement," says Myra. "It's a time we've both looked forward to. We've always planned to buy a camper and travel. Now we're facing the fact that Bill's retirement income and our savings won't be enough for us to exist on, even here at home. Those golden years that were going to be our dessert after the main course of life are beginning to look pretty bleak." Unless, of course, Myra and Bill together find a way to continue earning money, possibly in a new joint venture. Retirement, for many people, is beginning to look less and less attractive, financially as well as psychologically.

Another type of family that is being severely threatened by inflation is the one-parent household. Lonnie is 40, a librarian at a midwestern state university and the divorced mother of two college-age children. Her former husband contributed child support during the first years after their divorce, but when he remarried, the payments stopped.

"There's no use trying to do anything about it," Lonnie says matter-of-factly. "He's in a worse financial state then I am. By pulling together, the kids and I are managing, but it's hard to visualize what the future might hold. All I can do now is think one day at a time.

"The kids' jobs cover most of their daily expenses," says Lonnie. "I contribute a hundred dollars a month toward my daughter's dorm fees and next year I'll do the same for my son. But we don't feel poor and working together toward a goal has brought us very close."

This feeling of interdependency seems to be the key to happiness for two-parent families as well. Under stress, people either pull together or they pull apart.

How families can fight back

"If there is trouble in a marriage to start with, financial difficulties accentuate them," says Katherine Brown, a social worker with the Family Counseling Service. "It's seldom that a lack of money alone breaks up a marriage."

But what of those couples who consider themselves to be happily married? What do they do if the cash flow—or lack of it—is hurting their relationship as well as their checkbook? "The important thing is for a family to learn to handle the money they do have more wisely," says Brown.

Before you rush to balance your budget, there's something even more vital to balance: your aspirations against today's economic reality. If you continue to allow your desires to outweigh your income, you can only be disappointed by your life, yourself and perhaps your mate.

This may be the land of plenty, but right now you'll have to face the fact that you can't have everything—not right away, at least. Come to terms with inflation and scale down your expectations.

Next, rethink your priorities. What do you consider to be the necessities of life? The answer is not simply food, clothing, shelter and transportation. What kind of car, how big a house, how many new clothes do you actually need? Keep in mind that what you and your family consider essential may very well be different from what your neighbors cons musts. So if a new car is something can't do without, then understand you must make sacrifices in order to isfy that need. By insisting on ins gratification for all your desires, you only wind up with unmanageable d and jangled nerves.

For your own peace of mind, and peace within your family, a budge something you can't afford to be with At one time, some vague mental sp ing limits were enough, but no lon Put your budget in writing, and pro yourself to stick to it so that your ne sary expenses are met. Two rules should be a sensible, not a starvat budget. And every family member participate in the budget-making.

So sit down together, discuss your orities and your individual needs, you can come up with a spending everyone can live with. You'll prob find that your budget can't be too fl ble—but you'll have to be. Compro until everyone is as happy as they'll be, considering the reality of your fi cial situation.

Be sure to set aside funds for emer cies. This way you'll eliminate the anx that comes when you have to dip already dwindling savings whenever unexpected ill wind blows.

Remember that unless you live budget, you're forced to live paycheck to paycheck, which can make you and your partner feel insec A budget is the best way to get s control over your money. *(contin*



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continued

Children should be included in y planning sessions because they, too, have to live within your budget. M them active participants and they'll preciate your money problems more so understand the next time you hav put limits on their spending. Th probably want to pitch in and help– *them*. It can only make family relat smoother. Kids can handle chores once paid someone else to do. Teens get part-time jobs and save for those things you feel they shouldn't be den

Consider giving each child an lowance—daily or weekly—depending what you think they can handle. earlier a child learns to handle mo the better. And you and your husb also should have a weekly or mon personal allotment. Decide together w this should cover: lunches, personal letries, clothing, etc. It's a good wa avoid arguments about which of yo giving up more. And neither of should have to go to the other for proval on every item of expenditure.

Why not have a family brainstorm session? Energy costs rose at an ave of ten percent a year in the 70s. Can think of ways to cut down? Food is pr bly the biggest item in your budget. H can you save? Share the burden. B creative in the kitchen is not solely responsibility. If you're now holding a and can't always comparison shop clip coupons, then someone else in family must do so at times.

When things get rough, or before t get any rougher, get expert advice. If and your husband can't agree on w bills to pay first, how much to borrow invest, for example, there are profess als who have the know-how you need

Talk to your banker and make cer you're getting all the interest you ca your savings and investments. A sumer credit counselor can help you w out a plan to pay off your debts. You get energy-saving tips from your l utility company. And a tax specialis worth the fee. You'll feel more confi if you know you are doing all you ca get the most for your money.

This may be a period of austerity you, but that doesn't mean you can't aside funds for fun. Check into inex sive vacations, restaurants, theaters. you cut the cost of going out by orga ing a baby-sitting pool? Entertainme a necessary part of your budget. Thin it as an investment in your mental he and the health of your marriage.

And do have hope. The Amer dream has not gone down the drain simply on hold temporarily. You can with it.

DATELINE: TOMORROW

continued from page 91

when all my fantasy gossip comes home to roost—remembering that this is just good, clean, imaginary fun:

WORLD WEARY: Burt Reynolds is so sick of fame after winning the Oscar, the Tony and the Emmy this year, not to mention the Nobel and the Pulitzer prizes, that he says he has simply endorsed his latest, record-high, movie salary check of ten million dollars over to a sect of religious monks. Friends believe the macho star is seriously considering joining these friars who each take a vow of poverty, chastity and silence, and keep their heads tonsured.

NEW WORLDS to conquer? Barbara Walters, who has already interviewed every living major celebrity and world leader for ABC-TV, is going to say yes to President John Anderson's proposal that she stop being a media superstar and become his Ambassador Extraordinary around the world, troubleshooting for and reporting directly to the Oval Office. The Prez still hasn't recovered from Barbara's turning down his vice-presidential offer. (She told him to tap Rona Barrett instead.)

WORRIED FRIENDS hope to coax Robert Redford back from that desert island where he is doing his Paul Gauguin number. When the golden boy abandoned his wife, Lola, and their children in San Francisco last spring, he said, "I have had it up to here with being the perfect spouse, parent and savior of the universe. Let Jane Fonda go on doing it. From now on I'm going to litter, pollute, have fun and think only of numero uno."

INTERNATIONAL EXPRESS: Both upstairs and downstairs at Buckingham Palace, they are frantic over the Prince Charles-Bo Derek business. Ever since the heir to Britain's throne met Bo on a visit to Hollywood, he has been burning up the transatlantic wires to her. Bo and hubby John Derek have reduced their size 10 happiness to zero as a result. The queen reportedly has asked Britt Ekland to help take His Highness' mind off Bo.

GARBO'S BACK! After decades in retirement, the cinema world's most glamorous star, Greta Garbo, will announce that she is returning to the screen to play the life of the fabulous Nobel Prize winner, Mother Teresa, in a movie to be produced by the revitalized MGM. Garbo is telling friends that during the shooting on location in India, she intends to meet the press and answer questions about her private life and reclusive years offscreen. Upon completion of the picture, with profits going to Mother Teresa's charity work, Garbo says she'll want to be alone—again.

SKIN DEEP: Elizabeth Taylor is opening her own chain of fat farms across the country and will keep trim supervising them personally. The Elizabeth Taylor Star Palaces have as a slogan, "My violet eyes are on your waistline!" and will feature fatetic chicken wings and calorieless chili on every menu. . . .

The rumor has been whispered for years, but Dustin Hoffman and Richard Dreyfuss will confirm this week, with medical records, that they are indeed successfully separated Siamese twins . . . The Beatles will reunite for a year of world-wide charity appearances and remember—you read it here first! Managers say there'll be money enough to pay off the U.S. national debt, restore the New York City subway system and rebuild the South Bronx, Bedford-Stuyvesant, Los Angeles' Watts and Chicago's South Side. . . .

EAT EAT: Marlon Brando and Julia Child are closerthanthis since he started taking private cooking lessons from the expert in French *haute cuisine*. Marlon entered into the project knowing that he intended to eat himself to death and might as well "go first class." But now, with a new appreciation for great cuisine, Brando is sitting at the master chef's feet and catching many of the pearls and goodies from her table. Julia reportedly thinks he's "cute."

NORTH OF THE BORDER: Ever since a *(continued)*



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DATELINE: TOMORROW

continued

reformed Margaret Trudeau won the election as head of the new separatist government of Quebec, they say she has been worried sick over husband Pierre's behavior. He has more or less abandoned her and their children and become an object of ridicule in the jet set where he discos and boogies as if he had never himself been a head of state. If Pierre goes on like this, the reflected non-glory could cause the now serious Maggie's government to fall.

MEDIA BLITZ: Look for Helen Gurley Brown and Hugh Hefner to follow through on the merger of their famous magazines, *Cosmopolitan* and *Playboy*, into something for mature swingers to be called *Cosmo Playfolks*. The first issue is already in type with pieces on swinging Social Security clubs, how to turn your hot tub into an arthritis treatment bath and a snappy profile on the dentist who does the world's sexiest false teeth.

OBSERVED in all those cozy little spots acting as if they don't care who knows it, is that not-so-odd couple, Jacqueline Kennedy Onassis and the 78-year-old CBS tycoon William S. Paley. Paley has been a prime marriage candidate for some of the international set's most ambitious women for quite a while now, but it seems that William S. and Jackie are just important enough for each other.

DON'T INVITE Henry Kissinger and David Rockefeller to the same bank vault for coupon clipping. Those former fast friends have fallen out since Chase Manhattan mistakenly foreclosed on Henry's townhouse mortgage without so much as a friendly notice. . . . Aren't those two crusading singles, Gloria Steinem and Ralph Nader, about ready to turn her Ms. to Mrs. and do some consumer research on their honeymoon?

DETERMINED to change her image, Barbra Streisand is seeing Manhattan's famous plastic surgeon, Dr. Tom Rees, about a nose bob at long last—to put herself in a position to play many more versatile roles . . . .

VIGNETTE: That was some scene at Hisae's on Manhattan's East 58th Street the other eve during New York City's umpteenth power blackout. Former President Richard Nixon was dining with some male cronies when the lights went out. At first, Mr. Nixon was pleased when he saw a man approaching his table carrying a candle. But when the man placed his hand directly in the flame, Nixon realized it was just G. Gordon Liddy showing off again. The ex-prez let out a roar that brought the Secret Service men hopping. Escorted to the sidewalk, Liddy refused to talk and wouldn't even say whether he had red or white wine with his fish.

TIRED OF IT ALL: James Garner and Mariette Hartley, who do those cute TV camera commercials, are going to finally tie the knot to the delight of their fans. "Everybody thinks we are already married," says Mariette, who used to wear a T-shirt with the slogan: "I Am Not Mrs. James Garner."

THANX FOR THE MEMORY: Truman Capote's medics have now confirmed to me that the author has suffered total amnesia since a case of diet soda fell from a shelf, striking him in the head in his posh U.N. Plaza digs. This postpones any chance of the Tiny Terror's finishing further revealing chapters of his long-awaited book, *Answered Prayers*. The first chapter caused a furor when it appeared in *Esquire* in the late 1970s. Now, for the time being anyway, socialites seem relieved of fear from Truman's former "total recall." Truman's memory has vanished to the degree that the other day he ran into Gore Vidal at La Cote Basque in Manhattan and gave his acerbic rival a kiss, having forgotten whatever it is they've been quarreling about for years. Vidal, like his heroine Myra Breckenridge, turned the other cheek.

DISCO FOR JESUS: The Studio Church was consecrated yesterday with the biggest turnout of stars and celebs in the history of religion. Former President Jimmy Carter and his wife Rosalynn . . . Efrem Zimbalist, Jr. . . . singer *(continued)*



DATELINE: TOMORROW

continued

and composer Bob Dylan . . . Mickey Rooney . . . Wonder Woman Lynda Carter . . . Steve McQueen . . . Pat Boone . . . Ruth Carter Stapleton . . . and Anita Bryant were just a few of the "born again" Christians on hand when the once infamous site of the Studio 54 discotheque was opened for worship. The disc jockey's pit overlooking the dance floor has been turned into a baptistery. Reverend Billy Graham preached the sermon and worked the lights.

PEACOCK PROUD: That splendid octogenarian Lillian Gish is talking to *Saturday Night Live*'s Lorne Michaels about joining the cast of NBC's outrageous show as a regular. *Saturday Night Live* has suffered a distinct talent lag ever since Jane Curtin took over the vacated Jane Pauley spot on the *Today* show.

Okay, you get the picture. So let us write an "endit" to the fantasy gossip above. Did you find the column you just read simply too silly and incredible for words? Well, how do you feel about the following actual headlines?

THE PHILADELPHIA STORY ENDS IN MARRIAGE AS PRINCE OF MONACO WEDS U.S. MOVIE STAR GRACE KELLY . . . GRETA GARBO REVEALED TO HAVE BEEN A BRITISH SPY . . . ERROL FLYNN REVEALED TO HAVE BEEN A NAZI SPY . . . GREEK TYCOON STAVROS NIARCHOS WEDS HIS SISTER-IN-LAW WHO WAS ONCE THE WIFE OF HIS MOST HATED RIVAL, ARI ONASSIS . . . KING OF ENGLAND ABDICATES THRONE FOR "THE SAKE OF THE WOMAN I LOVE," U.S. DIVORCÉE WALLIS SIMPSON . . . Or this one, which is just about my favorite—HEIRESS TO ONASSIS SHIPPING EMPIRE WEDS MOSCOW COMMUNIST AND TURNS HIM INTO CAPITALIST.

You see—next to the rouged memory of the real thing, fantasy gossip pales. **End**

DATELINE: WASHINGTON D.C.

continued from page 90

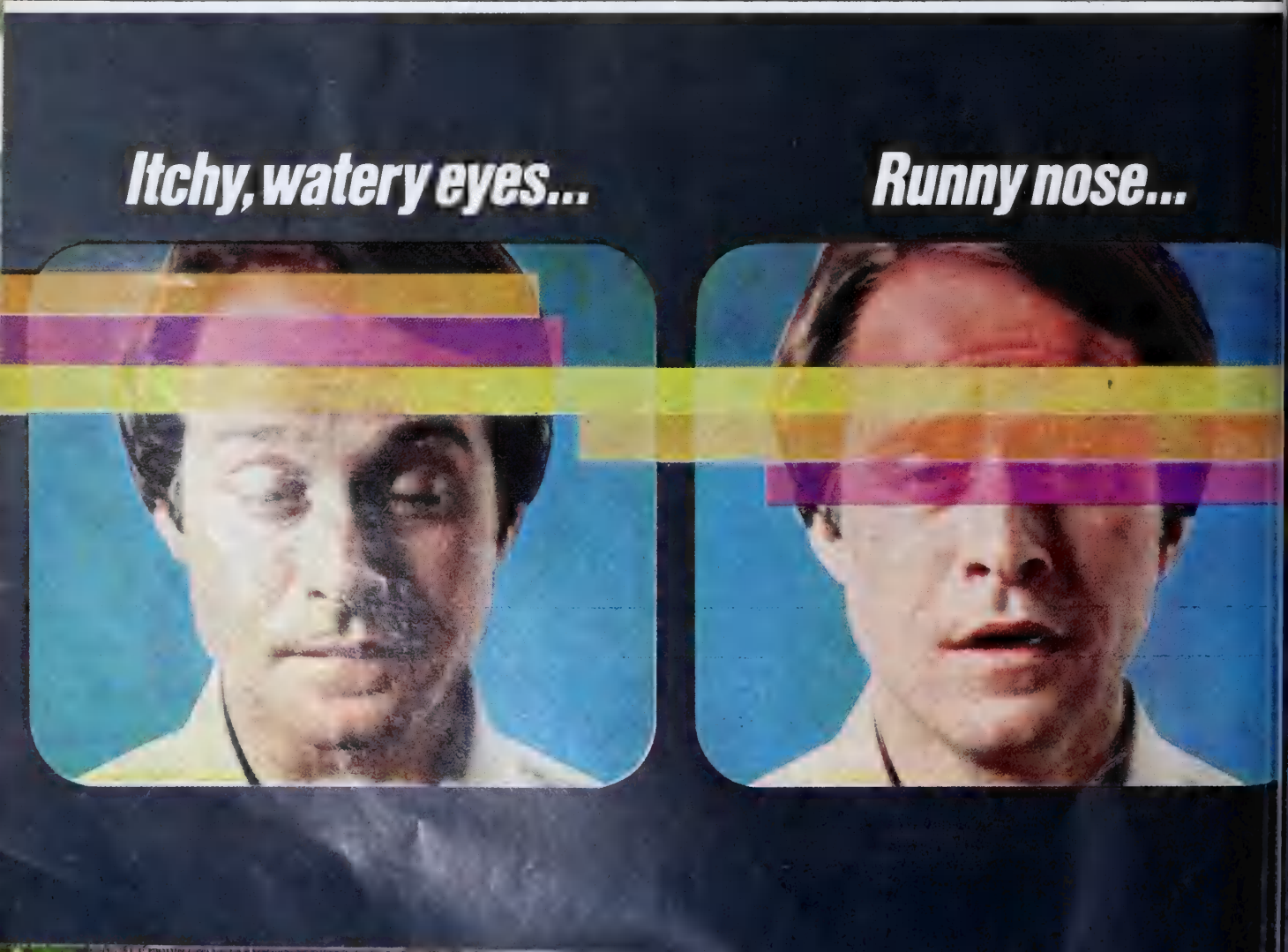
impression that he was a shifty guy, a Democrat wearing Republican clothing, a former Nixon lieutenant indicted for allegedly being involved in the milk-fund scandal. Never mind that he was not found guilty, the scent lingered.

- Edward Kennedy fought for his party's nomination burdened with the legacy of Chappaquiddick. Reporters watched Joan Kennedy closely, waiting to write about the first break in her voice, at times noting her "puffy" face. Even reporters writing flattering articles felt compelled to note her "bravery."
- Jerry Brown, suit and tie notwithstanding, couldn't get taken seriously. "Flaky," everyone said, and the tag stuck.

Few of those perceptions were related to how the candidates stood on the pressing issues. The issue was character. That's why today's political analysts consider the Watergate years and wonder if it was Nixon's flawed *character* that brought him down as much as his philosophy of government. Perhaps because of that, voters want to feel, as Carter put it four years ago, that their president is as good and decent as they are.

Sometimes the quest of the press to deliver that information is silly. Photographs of Jerry Ford in pajamas, toasting his own breakfast muffins, shortly after he became our surprise president come to mind. But that picture was seized gleefully by editors and reprinted on front pages across the nation, a symbolic message of reassurance that our Chief of State was now just a regular guy.

Washington chatter is generally no different from chatter anywhere else, but the town is especially fertile for tilling by gossipmongers because the cast of characters changes so frequently. Voters make sure that every couple of years a new batch of congressmen arrive. The White



House changes occupants every four or eight years, barring assassinations, resignations or other calamities. And with the changing faces come shifting alliances and a redistribution of power.

Still, like elsewhere, people talk about who is involved with whom or about how so-and-so managed to get a fat job. They talk about living rooms decorated in bad taste, about friends gaining too much weight, about money inherited or lost.

But in Washington the effect of such talk can be great, because in this city, more than most, one prospers according to what other people think about them; a reputation is your best currency.

In Cleveland, to pick a city at random, a company president might become a topic of conversation among his friends if he's a notorious flirt. But as long as his company's business booms, the president will probably stay the president.

The rules are different if you're a Washington public figure.

The wife of Virginia's junior senator, Elizabeth Taylor Warner, must remain quiet while the Washington press corps writes about the weight she's gained. White House press secretary Jody Powell couldn't keep secret the fact that a sweetheart loan from a bank allowed him to buy an expensive Capitol Hill townhouse with no money down. At one point during his campaign for the presidency, Edward Kennedy could pick up the newspapers and read about the countess with whom he was allegedly romantically involved years ago. The world watched as Wilbur Mills publicly and painfully came to the realization he was an alcoholic. And Wayne Hays broke down and cried in the House of Representatives when it was revealed he'd placed his mistress on the public payroll.

Washington can be a very tough town.

One standard piece of gossip missing this presidential election year is the story that a candidate fathered an illegitimate child or had a secret marriage. Both are favorite themes in America, perhaps ever since 1884 when the revelation of Grover Cleveland's illegitimate son spawned the jeer, "Ma! Ma! Where my pa?/Gone to the White House/Ha,ha,ha!"

Strength of a rumor

In 1962 right-wing hate groups began a rumor that alleged President Kennedy was once secretly married to a two-time divorcée. The strength of the rumor was considerable; the White House received close to 500 letters a day on the subject. Reporters were familiar with the gossip, but no respectable publication would touch the story until *Newsweek* finally debunked it in a brief article.

In 1976 the rumor about Jimmy Carter went this way: Carter's mother, Miss Lillian, was supposed to have once worked for Joseph Kennedy, who was really Jimmy Carter's father. Working from that erroneous premise the story grew, with the contention that details about Carter's deceased father were vague (in fact, they weren't) and wasn't that toothy Carter grin reminiscent of the Kennedy look . . . ?

This time around, however, only a straightforward statement to the press that one of Gerald Ford's sons might have fathered a child out of wedlock came close to resembling the rumors of other years. Interestingly, the Ford story was reportedly supposed to have been kept quiet by mutual agreement between the Fords and the alleged mother. But when it looked as though Gerald Ford might consider making a bid for the brass ring again, advisers decided that coming clean early would prevent any embarrassment later. Perhaps they were aware how potent political rumors can be.

Like power, prime gossip in the capital city emanates from the White House. If he enjoys the good graces of the president, even the most boorish lout will be invited to formal dinner parties sprinkled with witty, well-mannered people. Likewise, whispers about mere mortals close to the president take on a larger-than-life importance, such as the time Hamilton Jordan allegedly spat his drink down a woman's dress in a bar—it was national headlines the next day.

Then there's Congress, *(continued)*

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DATELINE: WASHINGTON D.C.

continued

vith 535 men and women, any number of vhom provide anecdotes for Washington ;ossip on a daily basis. One story that till follows Bella Abzug around took ɔlace when she was a newly elected rep- esentative. She was known as an imper- ous boss, a weakness she amply demon- trated the night her toilet overflowed in ıer apartment. She telephoned her ad- ninistrative assistant and demanded she eport immediately to fix the toilet. The ınderling sensibly refused. Generally, ıowever, the talk on Capitol Hill focuses n who is drinking too much, who is held ı disrespect and who will be defeated at eelection time.

As recently as a year ago the third ranch of government, the judiciary, eemed the only entity exempt from gos- ip. Then came *The Brethren*, the best- elling book by Bob Woodward and Scott rmstrong that took a peek under the obes of the Supreme Court justices. uddenly no one was sacred.

The first part of the 1980 campaign eemed to reflect this trend toward gos- ipy reporting.

"Political reporters are more interested ı the private lives, personal predilec- ons and family affairs of the candidates," oted the *National Journal* this spring. Not long ago, custom and a tacit under- tanding between the press and the can- idate precluded the disclosure of certain ersonal matters. That invisible barrier, 'hich many reporters . . . felt provided a ense of order and assured a measure of ivility in their professional relationships, as all but been obliterated."

While the press gropes for guidelines out reporting on the private lives of ublic figures, gossip flourishes. One *Vashington Post* reporter, who has made er living watching Washington's shakers ıd movers whispering to each other, ally Quinn, described only half in jest ıe etiquette for capital-city gossip.

"You must establish ground rules," uinn advised. "'You mustn't tell a soul' ıd 'Don't breathe a word' means it's kay to tell but don't mention the orig- ıator's name. 'Disguise the source' eans you can repeat it but intimate it me from someone else. 'Pass this along refully' means really keep it in the oup and don't let it get out of hand. his is dangerous' means you could get to trouble. 'This is really dangerous' eans we both could get into trouble."

Such guidelines may seem ludicrous, ıt remember that a person's reputa- on—especially a politician who spends s campaign months lecturing others on w they ought to live—counts for every- ing in Washington. If enough people gin hearing that a certain White House affer is no longer considered an impor- tant member of the president's inner cir- cle, in time the rumor may become self- fulfilling. The appearance is sometimes as important as the substance.

All this is not to imply that gossip isn't sometimes good fun. It is, and some po- litical observers insist that one anecdote about a politician tells as much about him as his bill-voting history.

For example, when he was running for president four years ago, Sen. Henry Jackson (D-Wash.) realized he was per- ceived as boring by some of the elector- ate. So his media adviser suggested Jack- son meet the issue directly by filming a commercial featuring the senator sitting in a homey, library-like setting. He was to look right at the camera, admit that some people found him boring, but then list a series of strong stands he'd taken that his enemies hadn't found boring.

Then Jackson was to turn to his son and ask him if he found his father boring. The script called for his son to be fast asleep. Some people found that funny. Jackson didn't and stopped the commercial from being shown. Which told some interested people quite a bit about Henry Jackson.

Former Columbia University sociology professor, Dr. Amitai Etzioni, has argued that political gossip is a social-control mechanism that helps keep inappropriate behavior from overrunning society. Where laws perhaps fail, a dread of pub- licity's glare might deter a politician from acting less than wisely. But another ex- pert, author Charles Dickens, visited Washington more than 100 years ago and watched the powerful at work and play. Then he took pen in hand and skewered the city in one sharp phrase. Washington, Dickens wrote, is a "city of magnificent intentions."

But, please, don't breathe a word about that to anyone. **End**



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DATELINE: HOLLYWOOD

continued from page 91

Looking back, I see Louella Parsons and Hedda Hopper, the famous Hollywood gossips of the 1930s, sitting on duplicate thrones writing their daily columns of whispered naughtiness. They acted as moral judges for an industry that was so sensitive to its righteous image that any hint of personal misdeeds, sexual dalliance, promiscuity or, heaven forbid, political deviance was enough to stifle a budding career or drive people underground. It was a time when Ingrid Bergman was banished for an out-of-wedlock pregnancy, when Charlie Chaplin was ostracized for hinted, politically left leanings, combined with his eye for very young women.

Studios arranged romances—not Cupid. Always, Hedda and Louella were there hovering like fairy godmothers with their blessings or their curses.

The celebrities who dominated the news were the stars of the pictures, not the writers, the producers, directors or agents. Not even the supporting players or composers. Just the stars. The public pined for glamour, for enticing innuendos of romance. But that was before the Pill, legalized abortion and women's liberation. It was before presidential assassination, black revolution and the Vietnam War. It was before drugs and rock 'n' roll.

Come a long way

We've come a long way from the days when epic sets, dancing girls and big names guaranteed an automatic box-office winner. The public today is not as naive as it was 20 years ago. Today's audience knows when it is being tricked; it wants the unvarnished, unglamorous truth. And what used to shock audiences about the private lives of their screen heroes—illegitimate births, live-in love affairs or controversial politics—is only of passing interest to a public for whom these morés have become the norm. After all, hundreds of thousands of couples live together today without the benefit of marriage. And a movie star like Jane Fonda is proving she can assume any stance with which she is comfortable. Although there are still ripples in the Hollywood community and threats of boycotts, her audience, by and large, has grown up enough to separate her political views from her professional competency.

Hollywood would be surprised to learn that a very enlightened American public no longer cares about other people's sex lives. From the hundreds of letters I receive each week in response to my daily *Good Morning, America* newscast, I know that audiences are more interested in the *real* issues of the day and how they affect the most public of all industries—show business.

In my conversations with the movers and shakers of the motion picture and television industry, I often have difficulty convincing them that the average American is not only interested in who is starring in a film, but what kind of story it is. The public wants to know what kind of value they are getting for their entertainment dollar.

I get letters from nurses in Chicago, ranchers in Nevada, truck drivers in West Virginia, as well as stockbrokers in New York City. They ask for information on grosses of a film, ratings of a television show, profit participation of stars. Oh, sure, there is the occasional question about who is sleeping with whom, or a response to a scandalous article in a supermarket exploitation newspaper, but the informed public, from all walks of life, is more interested in content than in superficial gossip.

When I review a movie or TV show, knowing these reviews reach millions, my sense of responsibility is enormous. Financially, these are trying times. Inflated dollars spent at the box office are now being carefully counted by the average American. The same goes for television. Those kilowatt hours burned by the tube translate into bucks. People are becoming selective about this medium, too.

And if people are more concerned today with the *quality* of the product they are getting, they also insist upon knowing what goes on behind the scenes; they want to know who is responsible for what they see. They are almost as interested in the new production chief of MGM as they are in the national election.

Let me share with you some of the most asked questions today:

- Why does a studio executive like Fred Silverman leave a secure job at one network (CBS) to join a struggling network (ABC) and then move to a third (NBC) the moment ABC reaches a new number one status?
- Why does a financially successful studio (Twentieth Century Fox) allow its production head, Alan Ladd, Jr., to become embroiled in a studio conflict that forced him to resign after he delivered the top grossing film of all time, *Star Wars*?

How the public wants to know, di chairman of the board Dennis Stanfi lose Ladd to another company over seemingly trivial matter (in this case Christmas bonuses of relatively sma amounts to secondary staffers)?

Of course, the most asked question all in recent years reflects the concern a Watergate-conscious public: How can studio like MGM hire as its new produ tion chief the deposed president of C lumbia Pictures, David Begelman, aft his bad-check scandal exploded lik Washington's Mount St. Helens volca on front pages around the nation, causi Hollywood a Watergate of its own?

The public has a right to know t answers. After all, they put up the mon at the box office, they buy the stock these public corporations, and witho their support, the companies would cea to exist.

To answer these questions: Silverman proving his manhood by network-ho ping. In two out of three of his moves, l only left after the studios attained nu ber one ratings. He is still with NB which has not achieved that status.

Alan Ladd, Jr. and Dennis Stanfill we in a power struggle, a classic one—t kind that takes place between creati men and businessmen.

Begelman's chair is hardly warm MGM; however, there is no question th the main consideration for his getting t job was his reputation as a financial wi ard for Columbia before his forged-che fiasco.

In today's Hollywood there is only o thing that matters; the stimulant, t motivator, the aphrodisiac—power. Pow is as much the name of the game Hollywood as it is in Washington, D.C.

Morality? Well, one thing has changed—it is still not synonymous wi power. But yes, we have come a long w since the tittering "gossip items" Louella and Hedda. We're strictly n work news and *Wall Street Journal* toda Sometimes I think it's a good thing, b then again, there are times when I g nostalgic for the good old days when M ilyn Monroe's date with Joe DiMagg was a headline grabber. E



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Lenore Hershey

Editor's Diary

THE NEW CLOSENESS



Write Us a Letter and Win Money

Family. It's a big word these days. The White House Conferences on Families have been exploring all aspects of the family in today's society, and despite the controversies, a positive support for families prevailed. In this issue of the *Journal*, we've chosen to simplify. We've taken the hopeful view that many, if not most families, can be strengthened by rebuilding and reinforcing the connections among their members . . . "The New Closeness." Don't miss Gene Shalit's great piece on family movies (page 18) and our major section on Families Together (page 67) and family vacations and food ideas (pages 70–73).

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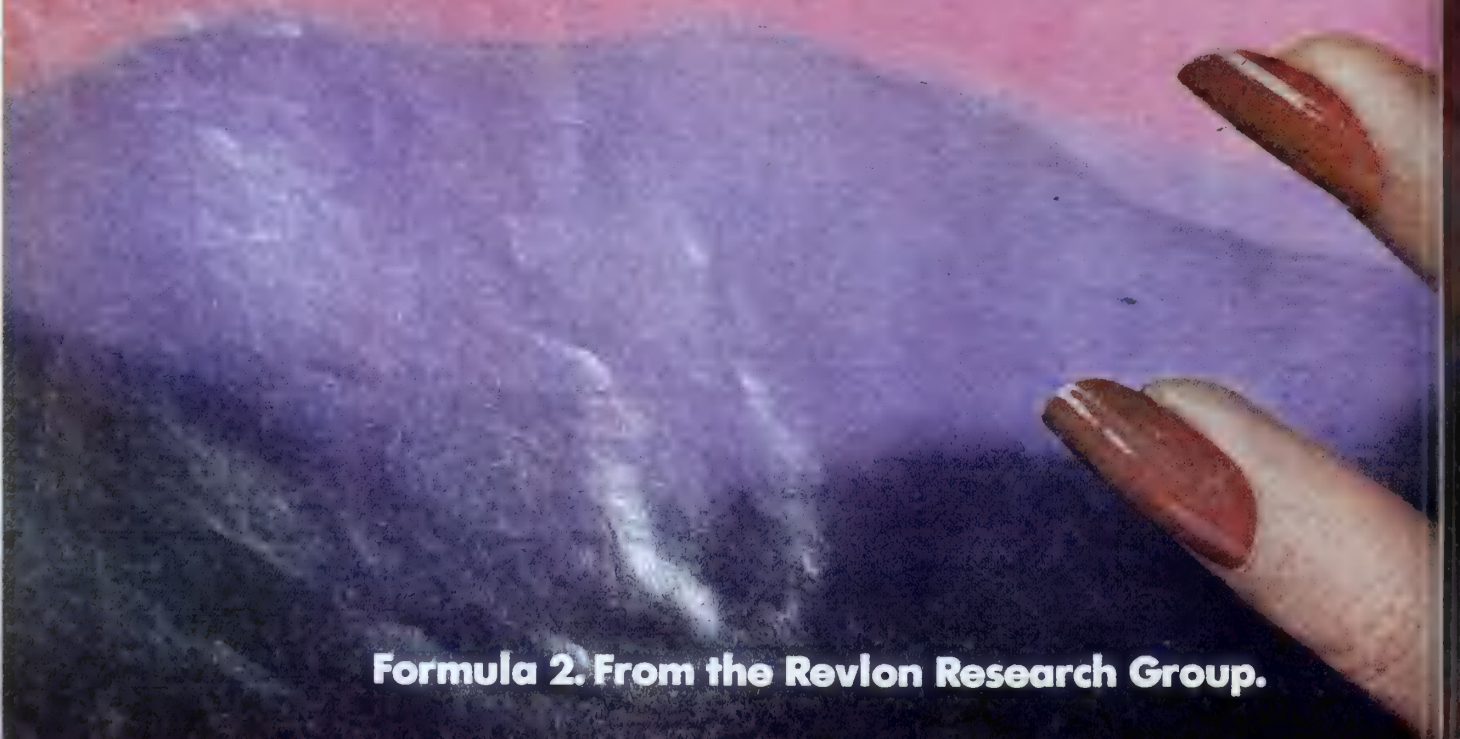
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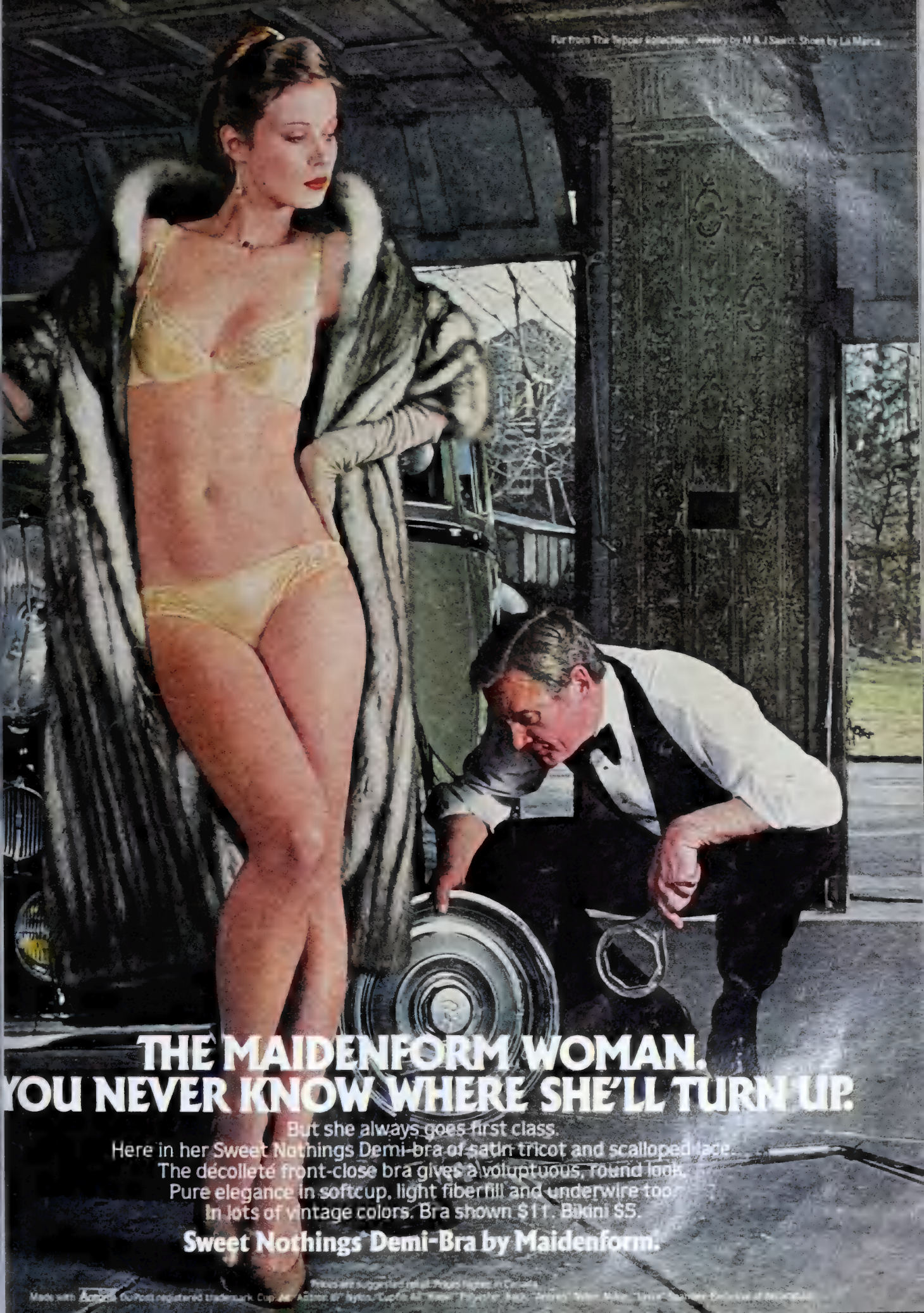
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NO. 8
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Cover photograph and page 58 of Jaclyn Smith by Charles Bush, hairstyle and makeup by Bjorn Sailor, jewelry by Fred of Beverly Hills, wardrobe by Keith Kimberlin. Pages 70-71: lower left, Photofile; center and top, G. Becker; far right, FPG

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IT'S NOT EASY TO BE A WOMAN TODAY!

"I Learned to Live Through a Mother's Greatest Loss

By Shawn M. Mueller

It was Valentine's Day, a hectic time at the flower shop. Between customers, I managed to squeeze in a call to my doctor's office.

"Congratulations," the nurse said, "your pregnancy test is positive."

Positive! I was more stunned than happy. Although John and I had be married nearly three years, we hadn't planned to start a family yet. I wa going to graduate school at night, and John worked long hours at a radio station. Besides, our apartment was so tiny we barely had room for an ext chair, let alone another person. We just weren't ready to be parents. Bu parents we were going to be, and we had to start getting used to the ide

I didn't take to pregnancy at first. I'd go off to work at nine; then, promptly at ten, I'd begin to feel light-headed and queasy—classic morning sickness. One day I had a little bleeding and the doctor ordere me home. And home I stayed—I simply wasn't cut out to carry a baby and a full-time job, too. Nature works magic, though, and before I knew it, I was actually enjoying my new role as mother-to-be.

John and I rented a charming little house, just the right size for a fami of three. What a delight it was to get the nursery ready for our baby! W chose a bright, sunny yellow for the walls, and I made gingham curtains to match. And what with shower gifts and hand-me-downs from friends and relatives, we had a fine collection of furniture, toys and baby clothes.

Often I'd wander into the nursery and sit in the rocking chair, trying t imagine myself with our child in my arms. But I couldn't quite picture it

Come September, I was as expectant as an expectant mother could be. But my due date came and went. One week, two weeks. "Still haven't ha that baby?" friends asked. My husband joked about it on his radio show: "I keep my shoes on all the time now—even in bed!" Three weeks, four weeks. "Be patient," my doctor said. In a first pregnancy, it's often difficult to predict exactly how long it will take, and he didn't want to "mess around with nature" as long as everything seemed to be going all right. Just to make sure, he began sending me to the hospital every week for a "stress test." My bulging tummy was hooked up to a fetal monitor that registered the heart rate as my baby moved around. "Any day now," we were told. But the wait dragged on into five weeks, then six.

As the seventh week began, John's mom came to stay with us. "This wil be the week," she predicted. "I just know it." On Monday, we spent a quiet evening together, watching TV and talking. The baby was quiet, too, I noticed—there were none of the kicks and pokes that usually erupted inside me at bedtime.

I asked John to listen for the heartbeat, as he'd done so many times before, but tonight he couldn't catch a regular rhythm. Maybe the baby was sleeping, John suggested. His mom, an obstetrical nurse, assured me that infants usually become very quiet before labor begins.

That night I lay awake for a long time, worrying and wondering—was that a movement, or did I imagine it? At 6:30 on Tuesday morning, a little voice at the back of my mind started crying, "Something's wrong." It was John's birthday and I didn't want to spoil it by upsetting him, but I just had to get to the hospital for some reassurance. So I got dressed, told John where I was going and drove there alone.

(continued)

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It's Not Easy

continued

"Let's see where that little rascal is today!" said a cheerful nurse, taking out her stethoscope. She listened here, there and everywhere, then left the room. That little voice inside me cried out even louder. The doctor came in with the fetal monitor, but the machine didn't start its usual clicking. "Oh, God, no," I sobbed. "Don't make me deliver a dead baby!"

The doctor called John, and soon my husband rushed in. We clung to each other tightly, listening to the doctor: A cesarean, he thought, should not be performed unless absolutely necessary. "A scar on the uterus can create problems. You'll want your future children to have every chance." And because I wasn't dilated enough, he couldn't induce labor.

"Don't make me go home with a dead baby!" I screamed. But there was no choice; labor had to begin naturally, and I couldn't wait at the hospital indefinitely. I felt as if I were in a trance—it was like a bad dream.

At home, I sat on the couch and stared at the clock. John held me. His mom prayed and read the Bible. I couldn't bear to look down at my stomach. How could something be dead inside me when it had once been so marvelously alive?

Twelve endless hours later, labor began and we went back to the hospital. John stayed with me, helping with the routines we'd learned in our Lamaze natural-childbirth classes. For the delivery itself, I begged to be put to sleep; I felt I couldn't endure a glimpse of the baby that might have been. The last thing I remember is a nurse putting a cone of ether over my face. At last, release—no thoughts and no pain.

Later I spoke with the doctor. "Boy or girl?" A boy. "Was he normal?" It seemed so. "Then what went wrong?" A problem with the umbilical cord; it was wrapped around his neck three times. "*Why?*" No one can say. It's one of those freaks of nature—only one chance in a million that it would happen, nothing that could have prevented it, and no reason to expect it to happen again.

Learning to live again

John and I held a memorial service for the baby. Then it was just the two of us again, same as before. Yet it wasn't the same, and never would be. Slowly we accepted the fact that we *were* parents, even though our child had died. We didn't mourn our loss in the same way: I grieved openly, while John kept his pain inside. He wasn't able to talk about it at first, even to me; instead, he threw himself into his work. I had no job to distract me and a desperate need to share my feelings. So I talked endlessly—to my friends, my family, a wonderful counselor at the university and eventu John, too.

There were so many feelings t with at once. I felt angry: "Why n used to cry. I felt guilty, too: "What do wrong?" My doctor assured me no one's fault. And for a while I be oddly. I had always been a decent yet suddenly I found myself through red lights. "I think I'm losi mind," I said to John.

Sometimes I felt so alone. If only was someone out there who had fered—and survived—the same tra Then one day a friend told me abou Compassionate Friends, a national nization for bereaved parents. Sinc closest local chapter was two and hours away, I couldn't attend mee yet I got lots of support. One w from a nearby city called to tell m she had coped with her own grief. O sent encouraging letters. And fro national office came pamphlets, and a poem called *Stillbirth* tha pressed my emotions just perfectly.

The Compassionate Friends helpe realize that I *wasn't* alone in the wo learned that grief can include rage spair, guilt and all sorts of other fee I also learned that it helps to keep and physically active—to try a new j hobby that can give fresh meaning t Above all, I learned to be patient myself: Recovery would take time.

And time, for me, has been the bi blessing of all. It has been six m now—long enough for John and me our hearts rest, and for my body to The pain hasn't gone away, but the aren't so sharp. I can finally look newborn baby without thinking, could have been my son." I feel rea live again—and to try once more to a new life into the world.

For more information about The Com sionate Friends, Inc., write P.O. 1347, Oak Brook, Illinois 60521.

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What's Happening

Families together, at the movies. It's a time for special closeness and shared feelings. Gene Shalit remembers when . . . and analyzes the current state of this special American tradition.





Gene Shalit

So the suns of August are warming our hearts and kids are diving into swimming holes. *Are* there swimming holes in America anymore? And on Saturdays do eight year olds say, "May I go to the movies?" and do mothers smile, and say "Let's *all* go to the movies!"? *Are* there family movies? There have *always* been pictures so good they cut through age groups and experiences. They touch the heart, make us laugh, move us. I remember.

I remember both my mother and father worked in the store. Long hours. I mean 16-hour days. So we were not together very much when I was small. But among the sweetest family memories of my early childhood are the movies.

When the picture was over we didn't come home and talk about the lighting, or the thematic significance of the film, or the director, or any of that stuff. "*Did you have a good time?*" *That* was the question. Did we have fun on our nights out together? Was it cozy being together? Did the movie bring us closer? Did it give me a chance to be with my parents for a couple of hours, away from their time in that tyrannical store? Yes, to all of that. My father was so tired by workday's end that I do not remember him staying awake through a movie. He fell asleep soon after the film began and would snore—to my humiliation—until I gave him a little bump to startle him out of his torpor. But even though he dozed, it was so comfortable to be next to him.

I remember.

I remember one evening with my mother at the movies. One. It was the first Abbott and Costello. I was a tyke but I remember it, not only because it was so funny with two men we had never heard of before—it was *Buck Privates* and it made Abbott and Costello famous—but because it is one of my special memories of my mother *laughing*. Laughing! Loud and for a long time, relaxed, with The Store out of her mind, she was lost in the slapstick laughter of the two comedians. Don't tell *me* about the importance of family movies!

A special fondness

I even know the name of that theater—*The Lyons*. I've always thought of Abbott and Costello with a special fondness because I—a child—felt that our family had discovered them. They were one of the family now; all of Hollywood was like family in those days. Rich relatives, far off, never met, never to Sunday dinner, but family just the same. I was sure Abbott and Costello would know me if we met. And so would The Thin Man and so would Charlie Chan. I wasn't so sure Bogart would know me. Probably look right through me, but that was okay. I would be pals with Sidney Greenstreet, who would put his large arm around my shoulder and take me over to meet Peter Lorre, I was sure. Family. They just hadn't met me yet. And even if they never did meet me, I knew *them* and, heck, how can you know somebody without somebody knowing you back, so of course we were all family.

Sometimes going *out* can bring you *together*. Think of this: The whole family can be home, but somebody is in one room reading, another watching TV, Father somewhere doing something, Mom somewhere doing something. Everyone in the house . . . yet everyone away.

But then we all go to the movies—we go *out*—and we are suddenly together. We are a unit. We get there together. We cram into the car, we get the tickets and walk in together, in a cluster; and, of course, we all sit together, the kids jockeying to see who *(continued on page 24)*


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FTC Report DEC. '79.

What's Happening

continued from page 18

sits next to whom. Because even though nobody talks during the movie (or shouldn't) we are close. It is dark and we don't talk but we are close.

I remember. Sitting in the darkened theater brought my family together. After a joke, all the family laughing. Sharing. We were all sharing the same experience at the same moment, the experience of the story and the actors, or crying (and not letting anyone notice), a communal experience, a familial experience: a family with the same background and similar feelings enjoying something together or sometimes, yes, disagreeing about what was on screen. "Oh, did you like *him*? I think he's a nitwit!" "Aw, what do *you* know?"

Jack Lemmon said something. He said people don't go to *the movies* any more. They go to see *a movie*. That is a terrific difference. When my mother and her littlest son went to see *Buck Privates* we went to *the movies*. We had no idea what was playing and it didn't matter. It was a grand thing to do. Who cared? The movie itself was the thrill.

Now people read a review or listen to some critic on radio or TV first. Lemmon is right. Maybe it's because movies are so expensive. Maybe it's because everything used to be a family picture. Every movie was a "G," or at their most daring, the equivalent of PG. Grace Kelly didn't have to swear. Bette Davis didn't take her clothes off. For 50 years we had a bounty of pictures to cherish. Is there *one* your whole family couldn't see together and enjoy? They can be re-enjoyed these nights, cut up and served with commercials on TV. But theaters still offer lots of movies the family *can* see, even though some of them may be 99 and 44/100% pure PG—marred by just a naughty word or two. Here is a rundown of last year's movies by ratings: *34 X; 160 R; 145 PG; 22 G*. And do you think *G* means just bumblebees and *Gentle Ben*? Wrong. *The Black Stallion* was one of the best movies of last year; *The Europeans* was a beautiful film; and the new *Star Wars* movie, *The Empire Strikes Back* . . .

We are caught in a contradiction. Millions cry for G movies, yet millions shy from them. They have a stigma: *G* means lollipoppy. So much so that many film producers purposely patch the picture with an unbuttoned blouse or a word to shock, just to get a *PG* or an *R* rating. I wonder how many people who clamor for *G* are the very people who *flee* a *G*? They're missing something, and so are their children. They're missing good entertainment. And, even more important, they are missing being together, being a family and sharing a feeling of family community that children can carry—sweet memories—for all of their lives.

A NEW "STAR WARS"

A movie that has families boggle-eyed is *The Empire Strikes Back*, second in the *Star Wars* series. The spacial effects are special, and just about everybody seems to love cheering the robots and hissing Vader, the most villainous of villains. But for me, the most striking aspect of *The Empire Strikes Back* is the fact that the three most memorable characters are played by actors whom *you never see*. First is Darth Vader, whose sepulchral voice sends dark chills through the vaults of the heavens. You never know whose voice it is. Answer: James Earl Jones, that resplendent actor whose voice behind the mask *makes* that evil character. How odd that his name appears nowhere in the credits.

Second is Tony Daniels, who is inside the robot suit of C-3PO. Daniels' face is never seen but he *acts* the part. The most remarkable new character is Yoda, hundreds of years old and elf high. He is the repository of all of the wisdom and secrets of The Force. And the voice of Yoda, an unforgettable voice, belongs to Frank Oz, that wizard of the Muppets. (He's also Miss Piggy and Grover.)

So there we have three characters to cherish, and not one is seen. Maybe next year when the Oscars are handed out they will have a new category: "Best Memorable Unseen Voice of a Wonderful Character in an Outer Space Movie."

A DULLING

Stanley Kubrick's new film, *The Shining*, was based on Stephen King's novel. After a year of buildup, it is a letdown. *The Shining* is a horror picture. It cost $18 million. That's *part* of the horror. The rest is the wasting of excellent performances by Jack Nicholson and Shelley Duvall, plus the gall of calling it a masterpiece in the ads. Kubrick has confused horror with shock. A whack in the belly with an axe is shock, and in this case telegraphed shock. Horror is in the mind. Horror is suspense. Horror is anticipation and twisted realization. Horror is caring about the people in danger.

These horrors are missing from *The Shining*, although I am left with some satisfying impressions: two little girls in starched blue, right out of a Diane Arbus photo . . . a Dorian Gray woman rotting before our eyes . . . Shelley Duvall's frenzied feelings of helplessness. Jack Nicholson's remarkable face projects cruelty, madness and off-the-wall caroms of intent. His eyes roll into white or narrow into knavery. His smile can be warm, false, condescending or sinister . . . laced with a storm-warning flick of the tongue.

Were it not for the lofty reputation of Kubrick this would all be dismissed with a shrug. But *because* of his reputation and past record of achievement, the film becomes an immense disappointment. Sad to say, Stanley Kubrick is responsible for the dulling of *The Shining*.

FINE WESTERN

It's been years since there's been a good western, and the good news is that now we have one. It's devoted to the Jesse James-Cole Younger gang. It's called *The Long Riders*, and it's remarkable. Everything about the movie is first rate: the script, the direction, the music, the photography and the concept. In the years after the Civil War, the James boys, Jesse and Frank, and the Younger brothers rode together, robbing banks, stage coaches and trains, becoming folk heroes. Almost 100 years later their legend still excites our interest. The film is about outlaws, but it is also about honor among friends, about desperation, about women waiting and about brotherly love. An unusual aspect of this film is that the actors really *are* brothers. James and Stacy Keach are the James boys; Robert, David and Keith Carradine are the Younger brothers; Dennis and Randy Quaid are the Miller boys; and Christopher and Nicholas Guest are a pair of perfidious punks.

Having all of these brothers in the film could have been a gimmick, but it turns out to have been an inspiration. *The Long Riders* is a fine film.

EMPTY SADDLE

It's been years since Steve McQueen has starred in a movie. Now he's back in a western, based on the true story of Tom Horn, the turn-of-the-century cowboy-of-fortune. McQueen makes *Tom Horn* an appealing person to whom—unappealingly—murder is first nature. Seldom has a killer been made to appear a nice fellow, but while there is much in the film for the eye, there is little for the mind. Steve McQueen, as *Tom Horn*, rides tall in the saddle, but upon reflection it's an empty saddle. **End**

GENE SHALIT RE-VIEWS

The Black Stallion is wonderful family entertainment; based on the popular book about a shipwrecked boy rescued by a wild stallion.

The Changeling—Finally there is a good horror movie with creepy, stealthy suspense. George C. Scott and Melvyn Douglas star.

Chapter Two has a script of pure gold by Neil Simon and a good performance by Marsha Mason, but the rest of the cast is disappointing.

Coal Miner's Daughter, starring Sissy Spacek as the story of country singer Loretta Lynn, is a tour de force of pleasure.

Gizmo is a newsreel collection of funny inventions and nutty doings, and should be one of the funniest films of 1980.

Kramer vs. Kramer stars Dustin Hoffman and Meryl Streep as parents in a custody battle over their son, and is one of the finest films in years.

Little Darlings, with Kristy McNichol and Tatum O'Neal, is an irresponsible slander of summer camps. Kristy should be glad she's too young to see it.

Little Miss Marker—Walter Matthau and Julie Andrews star in this latest version of Damon Runyan's story. If you like a bit of sentiment you'll like this.

My Brilliant Career—A lovely and intelligent film, set in Australia in 1897, about a girl choosing between marriage and a career.

The Watcher in the Woods wastes the talents of Bette Davis in a dreary Disney mystery.



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Can This Marriage Be Saved?

Henry was responsible, successful and a loving father—but Janey said she wanted a divorce. Why would a wife want to leave her stable husband for a faithless lover?

By Dorothy Cameron Disney

"My Husband Wants to Run My Life"

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit, educational counseling and research organization with a staff of 70 counselors. The true stories reported here are drawn from counselors' reports of interviews. Names and other details have been altered to conceal identities. The counselor this month was Doris Ryan McElwee.

HENRY'S TURN

"I've given Janey everything a wife could ask for," said 32-year-old Henry, a tall, handsome attorney with neatly cropped blond hair and dressed in a custom-tailored suit. The father of a three-year-old son and a six-month-old daughter, Henry earns approximately $75,000 a year as a partner in a large corporate law firm.



"She admits all her friends envy her," Henry continued in a bewildered voice. "We own an attractive home, our children are healthy and bright, she has charge accounts everywhere. But she says she's leaving me for a college professor named Eric, a shiftless fellow who I doubt can support her or even expects her to move in with him. She has known him only five months. Five months compared to eight years of happy marriage.

"Janey and I met nine years ago. I was graduating from law school at Yale and she was getting her B.A. It was love at first sight. From the first moment I recognized her as my destiny. It didn't surprise me at all to learn that our families came from the same small town in Russia and that both our fathers were lawyers.

"When she went to England that fall to accept a fellowship at Cambridge, I went too. Going abroad wasn't in my career plans at all, and I'm a planner by nature. But I just couldn't let her go. Every weekend she came to stay at my apartment in London and we explored the city together.

"It was Janey's choice to buy a car rather than an engagement ring, because I couldn't afford both. That summer, before we returned home to California to get married, we toured Europe. In Brussels we bought her a wedding veil carefully selected to be an heirloom for our first daughter.

"The first five years of our marriage are a blur. All I remember is studying hard to pass California's difficult bar exam—I was in the top ten—and then getting my law practice underway by working around the clock. Janey held some sort of editorial job with a small publishing house—a financial necessity she didn't seem to mind. From the beginning, though, we agreed that she would stay home when the time came for children. We wanted six.

"Our boy, Jimmy, appeared on the scene a year ahead of schedule, but both of us were pleased. We bought a somewhat more modest house than we'd counted on, and Janey eagerly began to redecorate and refurbish it. I was too pressed at work—I'd deliberately taken on the most difficult cases at the firm to prove my abilities—to be of much help around the house. Still, she seemed satisfied with our life, or at any rate she seldom complained.

"But soon after our second child, Elizabeth, was born, Janey suddenly became restless and bored. I admit that listening to her problems got to be a drag for me. All this year I've been working on a complex international lawsuit, and I couldn't afford to be distracted by these nebulous discussions about how Janey felt. I prefer to deal in facts and ignore my feelings. I haven't lost my temper or shed a tear since childhood. I just don't have the time.

"Then one day she dropped her bombshell. It was the very afternoon we were going to celebrate my promotion. I had just been made a full partner—the youngest member of our firm. I caught her writing a letter while she was waiting for me to take her to lunch. Something in her attitude, something a little guilty, caught my attention. I asked her what she was writing. She said it was a letter to her mother. *(continued)*

Illustration by Barry Zaid

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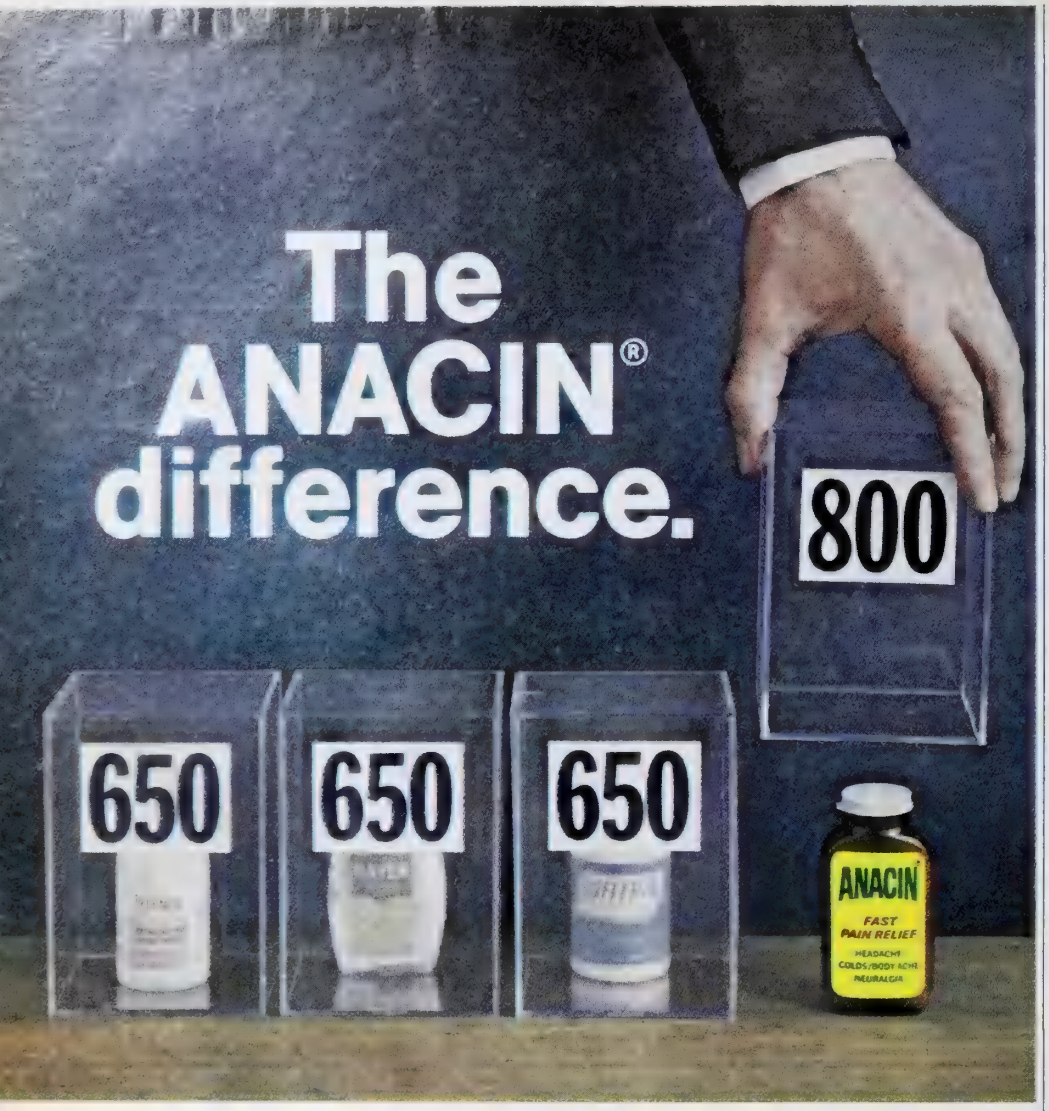


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Can This Marriage Be Saved?

continued

"'Maybe you ought to let me add a postscript,' I said casually. At that Janey burst into tears and the truth came tumbling out. She was hiding a passionate love letter to Eric, a visiting English professor on loan from a Canadian university.

"Five months before, three weeks after Elizabeth's birth, Janey had enrolled in a seminar taught once every week by Eric. She had probably been alone with him outside of class no more than a dozen times. But here she was writing to say that she was prepared to move into his college quarters the moment he wanted her to. She was also willing to leave with him when he returned to Canada.

"I asked her to talk to me about anything I'd done to offend her. She still loved me, she said. Nothing was wrong that I could change, it was just that my personality had a damaging effect on her inner feelings. With me she felt constricted, overpowered. With Eric she felt relaxed and fulfilled. When I asked her if she was sure Eric loved her in return, she was silent.

"Frankly, she seemed so irrational I wondered if she might be suffering from postpartum depression. She had had a difficult delivery when Elizabeth was born, and maybe I hadn't been sympathetic enough at the time. I suggested she consult her gynecologist about the state of her mental health. She refused. She did, however, agree to tear up the letter to Eric and postpone any decision for three months. I hoped that would give me time to bring Janey back to her senses and get her to leave this fellow.

"I'm not angry at Janey or Eric, though maybe I should be. But I'm not about to let her wreck our marriage and break my heart over a worthless adventure. In the past few weeks since she told me about the affair, I've been investigating his past. It appears that Eric's academic standing as a Shakespearean scholar is as high as his standards of behavior are low.

"This isn't the first time he's become involved with a female student. He still has a wife in Canada from whom he's been legally separated. He also seems to have a steady girlfriend awaiting his return home. When Janey hears what her friends have to say about him, I'm convinced she'll get over her infatuation and regain her common sense."

JANEY'S TURN

"Henry has tried to control every aspect of our lives," said 29-year-old Janey, a five-foot blonde with troubled blue eyes. "In the past he has usually succeeded, but I won't let him manipulate me where Eric is concerned.

"I don't need Henry to tell me that Eric is untrustworthy. I'm aware of that. He's always been evasive about making plans for our future together. I know he has a wife in Canada he hasn't divorced yet, and a girlfriend there, too. The first time we talked outside the classroom when I asked for some advice on a term paper he told me all about himself.

"I don't respect Eric, not really, but knowing him has meant a lot to me. I need the sense of understanding and appreciation I get from him, something that Henry has never given me. Or anyone else in my life, for that matter.

"My parents married late and I was their only child. My mother used to say she loved me, but I never quite believed her. She lavished all her attention on my father, a cranky, semi-invalid lawyer. Even though Henry was attracted by the similarities in our backgrounds, I was repelled. I always wanted a dark, romantic husband. Someone as unlike my father and Henry—as possible.

"He has all our friends and relatives convinced it was love at first sight for both of us. It's just not true for me. In fact, I'm not even sure what love is. Indeed, I wonder if a stubborn, self-centered individual like Henry or a wishy-washy person like me is capable of love.

"When Henry followed me to England I was very impressed and, in my own way, I probably fell in love with him then. But I was aware of the differences between us, though I was too timid—and he was too preoccupied—for us to discuss them openly.

(continued)

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Can This Marriage Be Saved?

continued

"In Europe he bought a car that both enjoyed. But having it meant tha didn't have the money to buy me engagement ring, a romantic symb have missed to this day. If I ever told that, he would tell me how foolishly timental I am. Maybe he's right.

"I was thrilled when he suggested buy a wedding veil in Brussels. Then cross-examined the storekeeper about durability of the lace. He wanted the to be handed down to our first daugh I was so embarrassed.

"During our early years together fore we had the children, I sometimes lonely because Henry was always in library studying or at the office. I crazy about the editorial job I had at time, though. Henry considered it triv but to me it represented an opportu to justify my education and make a us contribution to our financial suppor had friends at the office who respec my intelligence the same way Her colleagues respect his.

"When I found out I was pregnant l before we'd planned, I was appalled Henry wasn't pleased. Now, of course remembers we were both delighted *was* delighted with our baby boy very proud of him. But I've never wan a family of six children,even though H ry insists I do.

"Everybody was happy about my ond pregnancy except me. I felt trapp as if I would never have a life indep dent from my children's. Much as I them—Elizabeth is a darling bab being their mother isn't enough to sat the emotional loneliness I so often fee

"There are times when I'm even j ous of them. Henry works ten to two hours a day, so he's practically ne home. When he is around the house, spends all his time with the children the same way I feel envious of his succ too. Envious and left out.

"Whenever I can corner Henry l enough to hold a conversation, he in iably glances at his watch—mentally al ting me ten minutes of his time. He on the edge of the sofa and I quickly him what I feel and think. As soon pause to take a breath, he calmly tells that I think the opposite of what I've told him. If I say I'm unhappy, he sa have no cause to be unhappy. Then proceeds to establish—to his own satis tion—that I'm happy as a lark. He gards me as an appendage to himsel mirror image, an echo.

"With Eric, I feel alive and aware, a person in my own right. He treats as an equal, with opinions worth listen to. When I talk to him about my feelin he listens. He takes me (continu

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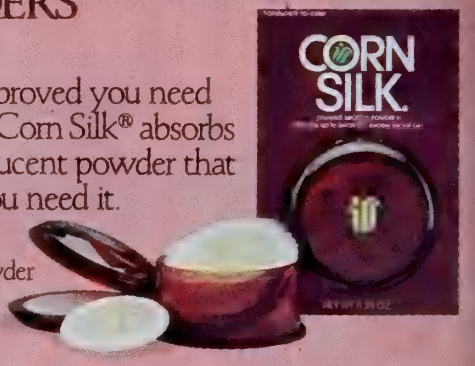
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Can This Marriage Be Saved?

continued

seriously. I've always wanted to come first with someone. For a while I thought—maybe I just hoped—Eric was that person. Well, I was mistaken.

"Despite Henry's objections, I'm still attending the morning seminars with Eric. But after class, he doesn't invite me to his apartment to talk anymore. We meet over a cup of coffee and our conversations just aren't the same.

"I know my relationship with him is about to end. When he returns to Canada—without me—I don't know what will happen to my marriage. I do know that I will desperately miss the closeness I once shared with Eric. That's something that Henry can't or won't ever give me."

THE COUNSELOR'S TURN

"Janey's relationship with Henry continued to deteriorate even after Eric's return to Canada," the counselor said. "Clearly her infatuation wasn't the real problem but only a symptom of serious personality conflicts in her marriage.

"As a child Janey had tried desperately to win her parents' love by being obedient and unassertive—suppressing her own desires to please her parents. For a long time she played a similar role with Henry, always trying to please him in everything. When he told her how she should think and feel, she never argued back. She tolerated his neglect while he built his career. Even so, she never received the love she needed from him.

"Almost inevitably she revolted from the pressure of continuous defeats and turned to another man for comfort. It is significant that she picked Eric, a man already entangled with two other women, someone for whom she had little respect. Perhaps she felt it was safer to pursue an unfaithful man like Eric because she knew she was unlikely to get him. Was she trying to punish Henry by making so inappropriate a choice?

"Henry's bewilderment at her rebellion is hardly surprising. That he felt neither anger nor jealousy when he first learned about Eric is also understandable in terms of his family history. Having trained himself to act on a mental level since early boyhood, by now he was incapable of reacting emotionally. When Janey told him about her affair, he was certain he could "bring her to her senses" simply by discrediting Eric in her eyes.

"In order to preserve his marriage—which he very much wanted to do—he realized how essential it was for him to make drastic changes in his personality. With the help of counseling and his characteristic willpower, he taught himself to yield to his feelings, to be m expressive and responsive, less logic

"He promised to work at becor more understanding and aware of wife's needs. He kept his promise. Jan dissatisfactions faded quickly and chances of her ever turning away f him again are exceedingly slim.

"Nowadays, Henry spends less tim his office and more time at home. Ra than suffering professionally from change in his regime, he has rece earned a substantial bonus.

"After a long, gratifying talk v Henry, Janey decided her restlessn and nagging sense of uselessness m be solved by getting a job. In view Henry's upper-income bracket, she cided to do volunteer work with sev worthwhile organizations, where her sistance was needed badly. She now many stimulating friends among the ot volunteers and knows she is useful.

"The time Janey spends with children is quality time. She thoroug enjoys their company now and lo sharing them with Henry.

"Recently Janey telephoned to rep her marriage was almost as ideal as way all her relatives used to describe Henry had just given her a stunn diamond to celebrate their ninth anniv sary. She'd gotten exactly what wanted, she informed me with a lau because she'd told him what to buy."


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SUMMER DREAMS
A Vacation Camp for Mothers

The perfect haven for hard-working mothers would be CAMP MOM—a vacation spot where mothers could relax and play, while their families take care of the chores at home. By Pam Hait



It first struck me when I sewed on my thirty-second name tag. What had my daughter done during her ten years of life to earn a month's vacation? But I banished the thought. After all, kids go to summer camp and mothers stay home. Hasn't it always been that way?

Then I came across a newspaper story about a canine camp in Maryland, complete with human counselors. The owner explained, "The dogs get the kind of treatment you'd expect to find at any summer camp for kids." That did it. I had to mobilize. If children, and now even dogs go to camp, the time must be ripe for CAMP MOM.

I can visualize the setting. Forty-three acres of rolling, virgin woodland—to remind most of us of our youth in one way or another. Twenty rustic cabins are nestled into the landscape, without a single telephone line in sight. No one will call about a sore arm, a splinter or a bad dream. Visiting days will be optional, to guarantee an optimal experience. In other words, "we'll-never-tell-if-you-don't" will be the unwritten bylaw.

Under the watchful eyes of trained staff, mothers will participate in a myriad of activities. Those whose only prior experience with target practice was toilet training a two year old, may find they love archery. Women whose only contact with woodworking has been cleaning it, will discover that a new world awaits them. Others, whose experience with creative writing has been physical education excuses for their youngsters, will rush off to fiction workshops. CAMP MOM will have it all.

CAMP MOM campers will come home with more than new friends and suntans. They'll get sprained fingers from tether ball, blisters from new tennis shoes and blondes will acquire that green, chlorine tinge from hours of swimming. Staff members will gently push women back into their chairs when someone at the table asks for ketchup. Ultimately, even a glass of spilled milk won't cause a single reflex.

But de-programming will be just one camp benefit. The mental relief of not managing everyone's life cannot be measured. Free time will be readily available without first having to lock yourself into the bathroom. And no one will breathe in your face and ask, "Are you asleep?"

None of this will come cheap. Just as children fight homesickness, CAMP MOM-ers will contend with guilt. Some mothers will worry as they sit around the campfire, "Did anyone remember t close the flue or is the air-conditioning pouring u the chimney?" And, when the camp group sits dow for dinner, an unspoken question will hover ove everyone's head: "How are they eating without me?"

No, the price of CAMP MOM will be dear. But little b little, as the days wear on, campers will find they like sittin through an entire meal. They will even learn to sleep through the night and not bound out of the bunk to get a glass of wate if they hear someone cough. By the end of camp, only a thi slice of worry, like a tiny hangnail, will remain.

How will it be to return home? CAMP MOM counselors wil be ready for this as well. Real izing that it would be cruel t deposit campers in thei home without any prepara tion, the final camp day wil be "decompression day. MOM-ers will be versed o what to expect. The staff wil agree that some lucky wome may get the crepe pape streamers and "Welcom Back" banners that the dream of. A few may fin well-scrubbed childre reaching out chubby arms and one or two may return t homes in perfect order.



"But you may find," the calm therapist will explain "that life has gone on withou you—and not always the way you would have planned. The bathroom fixtures may be opaque with dust, the refrigerator growing things and you teen-agers unenthusiastic about your return. Little children may cry when you come near and they may call the baby-sitter 'Mommy.' And your husband? Well, it's possible that returning campers will find notes on their kitchen table reading 'Hi, Honey. Glad you're back. I'll be home late.'"

The therapist will smile and say, "So, let's have one last chorus of our camp song 'till we meet next summer . . . 'Remember CAMP MOM and don't be sad. It's the next best thing to being a Dad . . .'" **End**

Illustration by Rebecca Warrick



"Extra Strength Dexatrim helped me get rid of those extra pounds that I didn't want."

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Penny-Wise Family Fun

Inflation cutting back on vacation plans? Herewith, a few at-home, backyard ideas to stir your imagination for a fun-filled, satisfying summer. By Sam McGarrity

One key to penny-wise good times is to get lots of people involved: your neighbors, the block association, your church group. The more participants you have to share the expenses and planning—the more top-notch entertainment for all.

My friends are barbecue fanatics. When the good weather finally rolls around, we take turns providing the savory chicken and ribs for each other. But spending a Friday evening around a barbecue grill is even more enjoyable if you read aloud from Agatha Christie, Sir Arthur Conan Doyle (Sherlock Holmes) or another favorite mystery writer. The children can be introduced to the classics, such as Edgar Allan Poe's "The Raven" or "The Fall of the House of Usher" or Nathaniel Hawthorne's *The House of the Seven Gables*. Spooky tales on warm summer nights produce a delightful shiver down one's spine, and will bring the family closer together.

The next day, if you wish to walk off your evening feast, take a hike outdoors. Check with your local Federal Fish and Wildlife Service or National Park Service to find out about nature trails near your home. A handy reference book, such as *A Field Guide* (to birds, trees, wild flowers, animal tracks—there are 21 guides published by the Houghton Mifflin Company)—will help you identify what you see.

If your family enjoys water sports, pick up some inner tubes at a garage and spend an afternoon "tubing" in the local stream or lake. Try them at the beach if you're lucky enough to live near the ocean. There's nothing better for riding the waves. (Make sure that children are accompanied by an adult who is a strong swimmer.)

If you prefer a seat on dry ground, organize a neighborhood crafts fair. Rag dolls, crocheted hats, paperweights, jewelry, sketches and watercolor paintings, hand-painted notepaper, bookmarks, pottery, potted plants—any number of items can be made easily and cheaply and sold for a tidy profit.

You can publicize the fair through grocery store bulletin boards and your local newspaper. Tag each item with a price and the name of its creator so that a record can be kept of who earned what. Crafts festivals are not only fun, fascinating displays of hidden talents and a gold mine for bargains, but the profits can be donated to a community cause or charity. Contact city hall for a permit to hold the fair. And don't forget that any profit has to be declared to the IRS.

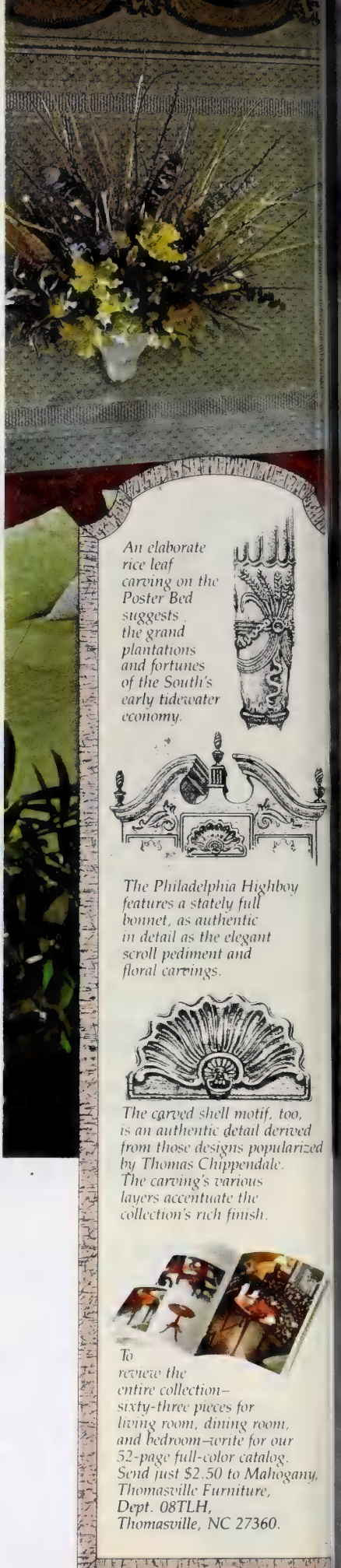
When community spirit is high, it's the perfect time to form neighborhood softball teams, mixing adults and children. On Saturdays you can meet in the local park or vacant lot and have a picnic after the game, with each family contributing some food. If anyone has any energy left, a game of Chinese Tag or blind man's buff will give both the young and the old quite a few laughs.

If you can no longer afford those expensive weekend trips, here's an alternative way to spend them. Talk with the parents of your child's best friend—see how they feel about each taking a turn at keeping the whole gang one weekend in four. Parents should chip in for the cost of movies, swimming tickets, burgers or whatever activity is planned.

"Your turn" needn't reduce you to a raving lunatic after two days—in fact, you could find it an exhilarating experience. Take the brood camping, biking, window-shopping or to the library puppet show. Tell them to go fly a kite! Some of the more exotic and cheapest kits are available through the Smithsonian Institution Mail Order Division, 7955 Angus Court, Springfield, Virginia 22153. (Price range: four dollars to $50.)

Check public transportation for discount fares if you plan to take a trip to a nearby city for an afternoon at the museum, a matinee movie or to visit a historical site. It may give you some peace of mind to let "them" worry about the traffic and gas.

These are just a few tips to inflation-proof your fun. A little imagination is all that it costs to come up with more. And one special benefit from these kind of group activities: You'll finally get to know some of those familiar neighborhood faces and become friends. **End**



An elaborate rice leaf carving on the Poster Bed suggests the grand plantations and fortunes of the South's early tidewater economy.

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Country Holiday in the British Isles

An elegant, centuries-old mansion; a quaint, thatched-roof cottage or a farming family's own home could be your holiday haven in the British countryside. By Phyllis Funke

Just when Britain might well have become a "ho-hum" landscape for tourists, that heavily trod, thoroughly scrutinized, stalwart old country has begun revealing some new paths for the traveler.

Programs involving persons from gentlemen farmers to glassblowing craftsmen, with accommodations ranging from 17th-century manor houses to thatched-roof cottages, are increasingly opening their hearts and homes to visitors, and offering unusual glimpses into a familiar but, nevertheless, foreign land.

The "At Home" plan is designed to provide tourists with the charms of gracious living in stately country homes. Here you will find Victorian ivory glove stretchers in the bedroom and badminton, croquet and thoroughbred racehorses outside. It is a world of "secret" gardens, afternoon tea served under topiary-pruned yew trees; and, perhaps, a benevolent ghost or two at night. The plan places visitors in tranquil, private luxury suites—often featuring, among other amenities, book-lined sitting rooms, flower-edged patios and crackling hearth fires. Residences run the gamut from a windmill and a folly to a sprawling estate begun in 1392. But even in "newer" abodes such as Burpham House in West Sussex, history prevails. Seventeenth-century Burpham, once the home of Sir Robert Peel, founder of England's "Bobby" police force, sheltered both King George V and his wife Queen Mary. Also at Burpham House, a piece of Queen Anne's dress hangs in a frame on the wall, and one can hold and leaf through an album kept by a young member of the Peel family on the occasion of her trip to India.

The "At Home" plan, which costs about $55 a night per person (breakfast included), is run by Bill and Gretchen Stevens (Arundel Holt Court, Bedham, Fittleworth, Pulborough, West Sussex RH20 1JP, England, telephone (079 882-221).

Another way to see England from the inside out is to take a farm holiday. British farms vary from the ultra-luxurious, with private swimming pool and tennis courts, to the most humble. The basis on which they take guests also varies, from the strictly bed-and-breakfast trade to longer term visitors who may eat with the family, participate in some simple farming activities and generally share the household's routine.



Huge, stately manors like this offer much more than bed and board. You'll have a fascinating glimpse into the history and culture of Britain.

When Sheila Cole of Limbo Farm serves freshly baked scones, topped with delicious homemade plum jam and cream straight from one of the farm's 80 dairy cows, you are not likely to forget your visit in a hurry; nor are you likely to forget Ian Cole trying to slap life into a stillborn calf.

On farms where guests stay a week or so, you may find yourself a member of a mini United Nations, since farm holidays are popular vacations among Europeans. It is not unusual to be seated at a table with Dutch, Norwegian, Belgian, German or French travelers, not to mention the Australians, Canadians and New Zealanders. Indeed, after wandering through the waving wheat with Josiane and Jean-François, who were visiting from the Ivory Coast, we became such good friends that they invited me to visit their West African home.

Prices vary widely. For a room at Limbo Farm with a double bed and a sink, but no private bath, Sheila Cole charges about $20 a person per day for bed and breakfast (Limbo Farm, Petworth, Sussex, England; telephone: (0798) 42202). The British Tourist Authority, however, has numerous other listings throughout Great Britain. (Write to them at 680 Fifth Avenue, New York, New York 10019.)

To meet the British and be creative at the same time, consider a Craft Vacation Week in Great Britain. This program offers the same benefits as "At Home" and "Farm Holidays"—residency in a selection of quarters, from a 14th-century priory to a converted post office, with an assortment of farms and cottages in between—as well as close contact with the "natives." However, during a Craft Week, the relationship is more than social since the object of the program is to study with leading British craftsmen. Organized by the Association of British Craftsmen, the week features a minimum of four hours instruction a day with tutors in ceramics, glass painting, weaving, stitchery and embroidery, silversmithing, jewelry-making, calligraphy, wood carving, cabinetmaking and leather work—among others. You may be a beginner or experienced in the craft.

A Craft Vacation Week with tuition, work facilities, accommodations and full board costs about $270 per person. For information, contact: Avocations (Bristol Crafts) Ltd., 57 Coombe Bridge Ave., Stoke Bishop, Avon BS9 2LT, England; telephone (0272) 686417). **End**

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e was always a wood-burning , a large cracker barrel and a long den counter piled high with bolts of o and flannel. And on the walls shelves of cans and boxes of soap, cco, seeds and foodstuffs that sym- ed America's emergence as the productive nation in the world.

was the Country Store. Perhaps ost American of all establishments d certainly a symbol of some of most carefree years America has vn. It was not only the emporium e women bought all the goods they ed, it was also the center of social in hundreds of tiny communities ss America.

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ere are the two *"Campbell's Soup* " . . . the *Heinz Pickles* shield . . . the little chicks on the *Bon Ami* . . . the little girl and her umbrella *Morton Salt* . . . each design based he actual packages and advertise- ts that our grandparents recognized e Country Store. And each authen- ed by the company itself.

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n individually and as a collection, Country Store Thimbles provide a inating trip back in time—not only use of their delightful and unusual but also because they add a new ension to a collecting tradition that niquely American.

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has held a special fascination for people of almost all cultures all over the world. But in America, thimbles played a special role. American companies saw in thimbles not just a practical household item, but also an excellent opportunity to advertise to even great numbers of consumers. And so they provided customers with thimbles marked with their companies' names and slogans.

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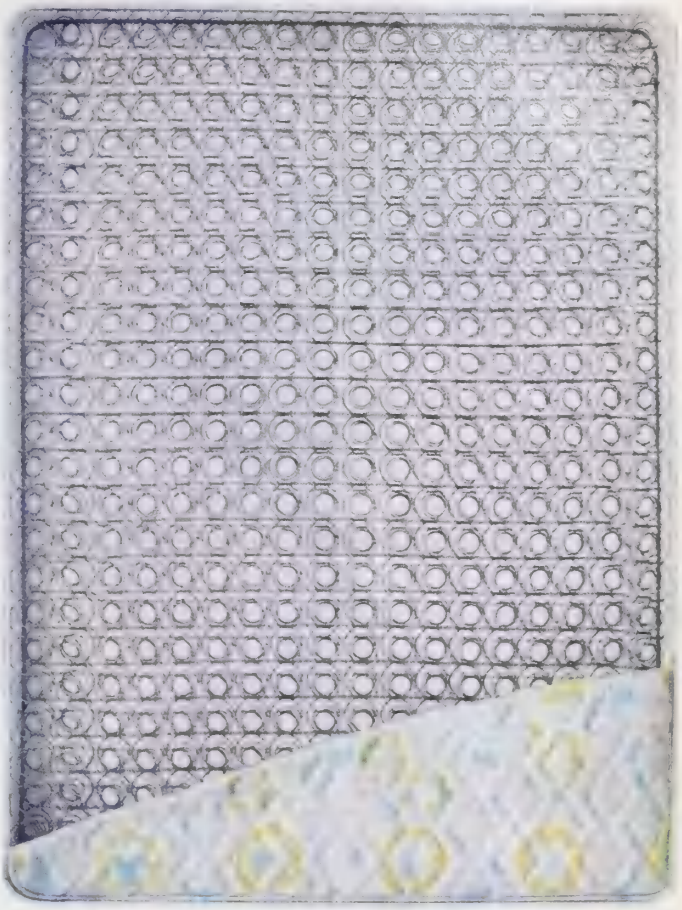
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PRINCESS GRACE OF MONACO

Radiant at 50, Princess Grace has strong views on family life and modern values. Here she discusses her marriage, children and future dreams. By Peter Dragadze





Like all mothers, Princess Grace cherishes time spent with her children. At right, she dances with her handsome 22-year-old son, Albert.

"What is it like to look at your reflection in the morning and see a line or two that wasn't there yesterday? To have gray hair? To become fifty?" Princess Grace asks, repeating the reporter's questions. "Well, yes, I suppose it's a shock to become fifty. But I'm used to the lines and, quite honestly, I don't mind the gray hair. You see, I feel every age has its beauty—at least, that's what I tell myself when I need a little cheering up."

Her Serene Highness, Princess Grace of Monaco, who turned 50 last year, has little reason to worry; the gray hairs are but occasional flecks next to the well-groomed golden blond. She is a graceful 130 pounds, her skin is porcelain smooth and her eyes a beautiful crystal blue. Her long, shapely legs taper perfectly to slender ankles and high-heeled black shoes. She is wearing a black and white jersey sweater and black woolen skirt, a favorite pin and a thick, two-strand, braided gold bracelet.

Stretching out her beautifully manicured hands, the Princess explains the three rings on her fingers: "The thin platinum circle is my wedding band. The large one is an engagement gift from my husband, and the third is an Irish Cladagh ring from County Galway. It is a very old design and has great sentimental value for me. I also like to think it brings me good luck." Wife, mother, monarch, philanthropist—Princess Grace is a woman who never forgets her heritage.

We are chatting in a private drawing room in the palace, perched over the yacht-filled harbor of Monte Carlo. On the walls of the room the Princess calls "my office" are pastel portraits of Grace, Prince Rainier and their three children: Princess Caroline, 23 (now married to Philippe Junot); Prince Albert, 22; and the youngest, Princess Stephanie, who is 15.

"To continue what we were saying before," Princess Grace reflects, "I'm even looking forward to being a grandmother and having lots of beautiful grandchildren .... I'm looking forward to having more time to myself now that the children are nearly all grown up. I have a passion for new things, new jobs, new ways to enjoy life with my husband. Believe it or not, I'm actually adventurous."

Q: You're looking forward to having more time to yourself, but is there a part of you that feels sad at seeing your children leave the nest?

A: I do not have an empty nest just yet—because I still have a teen-age daughter at home. I do think, though, that when children grow up a woman should go out and find something else to do. I don't necessarily mean a career; she might take up a hobby, go back to school, learn a language, start painting or writing—find an antidote that is fruitful, as well as enjoyable. A woman should think of all those things she always wanted to do, or had the talent to do, but never pursued because she was looking after children. Now is her time to improve herself.

I understand that one latent talen you're finally pursuing is writing. Don' you have a book coming out soon?

Yes, I do, but I wouldn't exactly de scribe myself as a writer just yet. It's a book based on a flower collage exhibition I gave in Paris. But, there are also amusing old recipes from fifteenth and sixteenth century texts—beauty treatments, the use of flowers for medicines, cooking and perfumes. [Editor's note: *Princess Grace's Book o Flowers,* published by Doubleday, wil be available in bookstores at the end of August. Aside from this new interest, Grace is once again part of the film industry—but this time as a board member of the Twentieth Century Fox Film Corporation.]

You were talking just now about liberation and freedom for mothers—how do you relate to the women's movement today?

Well, I've been a working woman since I was eighteen, so I began working long before women's lib came to the fore. But I have little to do with the movement, per se. A woman is liberated when she is judged as a person, an individual and not solely in terms of her gender. Take the case of Britain's Margaret Thatcher—she has risen to be a leader and capable statesperson, yet she is subjected to sexist insults. The press has insisted on taking photographs of her sitting under a hair dryer, with curlers, just because she is a woman. This is undignified and obnoxious.

(continued)



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PRINCESS GRACE

continued

I do feel, though, that a woman's role today is essentially no different from what it has always been. The woman has always been at the center of the family, keeping it together as a harmonious unit, providing a link between the generations.

I believe that women are becoming victims of modern living, over-mechanization, science-got-out-of-hand, this fiddling with the balance of nature. It is forcing women to lose some of their feminine ways: It is robbing them of maternal instincts. For all our great scientific advances, it still takes nine months to have a baby, and no one will ever change that. The bond between mother and child is fundamental, and our only hope in a modern society is to stand by this and other fundamentals—respect for the father, security through a mother's care and affection, the solidarity of children and parents. These things create buffers between the family and adversity.

Princess Grace's convictions about working, yet being a wife and mother and creating a family life, are vividly illustrated in her daily routine. Her mornings begin with domestic matters—briefing the palace staff, planning menus; afternoons are spent in audiences with the citizens of Monaco, foreign statesmen and other dignitaries. And Princess Grace has her own interests: She is president of the Monaco Red Cross and is now involved in promoting local arts and handicrafts.

When most people's days are winding down, Princess Grace is expected to sparkle at official receptions, balls and other functions, which may not end before dawn. Yet no matter how grueling her pace, she insists on rising early to spend some time with her husband and children. "When Stephanie is in school, I get up at six forty-five to make sure she's up and has a good breakfast. Rainier and I always have breakfast together, and when the children are here they join us. As a working mother, I must fight for time to be with my children. When it comes to raising children, time must be fought for, hijacked or stolen if necessary."

As a working wife, how much do you collaborate with the Prince?

Like any couple that love and respect each other, we talk everything over. I'd say we work very closely together. I work for him, I work with him and I work for the principality. I may not be involved in political matters or affairs of state—my responsibilities are more social, more cultural—but everything I do is connected to my husband.

You say that all your activities are connected to your husband. But it has been said that in some ways, you and the prince lead separate lives, that you've developed different interests. How would you describe your marriage?

My husband and I have been married fo twenty-four years. Although my life with Rainier has, on the whole, been happy all of our interests are not the same. Why should they be? We are two individuals But as the years have gone by, we've always found new interests together.

Princess Grace, a reigning queen once said of you that "although Grace of Monaco was not born into the role, she is indeed a true aristocrat in spirit and matter." She was talking about nobility—how would you define that quality?

By the qualities of my father, who had a sense of sportsmanship and fair play that permeated everything he did. And by the work of my mother who devoted forty years to helping others. Nobility is embodied in the qualities of an individual.

Your role as a princess is a demanding one. What would you say are the disadvantages of your position, if any?

The main disadvantage is having to sacrifice so much of your privacy. There are terrible difficulties in bringing up children in the limelight all the time.

You've been quoted as saying that Caro-

ne developed at a much earlier age than ou did. Is this true?

es, it's true. She was far more grown-up, nore intelligent, at the age of fifteen than was. I was rather flighty and silly at that me of life. She was already an excellent udent. Today, at twenty-three, her naracter is still forming, and she has emendous potential. My heart bleeds hen I read the gossip about her in the ewspapers. The press gives a very dif-rent picture of Caroline from the Caro-ne we know. My daughter has a degree psychology. In 1977, she made a pil-rimage to Lourdes in France where she orked night and day as a nurse. She is tively involved in other charity work. ast year, she was a very successful presi-ent of Monaco's committee for the nited Nations Year of the Child.

These are the sort of things I'd like eople to know about my daughter Caro-ne, not the gossip, which more often an not isn't even true. And even when is true, when they write that Caroline nd Philippe have gone to a nightclub, so hat? All young people do. Why houldn't they? It's a normal thing to do.

ou say that Caroline matured early, but o you wish she had waited until she was bit older before she married?

think the longer my children wait, the etter. I felt Caroline married too soon. 'd have preferred to have seen her wait a little longer, and mature some more before she married. She chose to do otherwise. As a mother, all I can do is be supportive and hope she will be happy. And I think she *is* happy.

Much has been written about Caroline marrying a commoner. Would you prefer Albert and Stephanie marry royalty?

I have never harbored preconceptions about whom my children should marry. I am not concerned about whether or not my children choose "blue-blooded" partners—I am just not at all ambitious in that way. It is the qualities of their partners that matter.

Albert [now a senior at college in the U.S. studying political science and economics], for example, I hope will choose a woman with the character and attributes that would be appropriate for her job as the future Princess of Monaco. It is a difficult task and I cannot say whether these strengths are to be found in a princess or country girl, but Albert is sensible. I'm sure that when the time comes he'll make the right choice.

Stephanie has now reached the age of fifteen. How closely will her education parallel Caroline's?

Until now, Stephanie's education has been similar, but not identical to Caroline's. I don't think sisters should follow each other too closely, because that invites comparison. It's terribly hard on a child to have people say, "Well, your sister did this and that." I had this experience when I was young and I didn't care for it. Stephanie is decidedly an individual. She leans toward the arts, especially music and piano.

Would you say that you—or any parent—can shape the future of a child?

All parents try, but after a while it's up to the child. I mean, one can do so much and then one must hope for the best.

What role do you feel religion plays in raising children?

My husband and I are Catholics, and we try to be good ones. I think religious education for children is of the utmost importance. It helps them develop and gives a strength that those without it seem to lack. These are difficult times for young people. As family traditions break down, children with no religious background or spiritual enrichment are left drifting and confused. Only religion, whatever the faith, can help with the disintegration and uncertainty around us.

Princess Grace, caring mother and committed individual, has attained the balance between motherhood, marriage and career that enables her to look back with pride—and to the future with a sense of excitement and hope. **End**



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THE LOVING QUIZ



SOME WOMEN ATTACK LIKE TIGRESSES; OTHERS OSTRICH THEIR EMOTIONS. TAKE THIS PSYCHOLOGICAL QUIZ AND FIND OUT WHAT KIND OF LOVER YOU ARE! BY JUDSEN CULBRETH



It's hard to define your own role in a relationship. If the man in your life seems to be giving you less love than you think you need, it may not be all his fault. You may be using the wrong approaches, based on traits of your own personality. See if you recognize a little of yourself in any of these types:

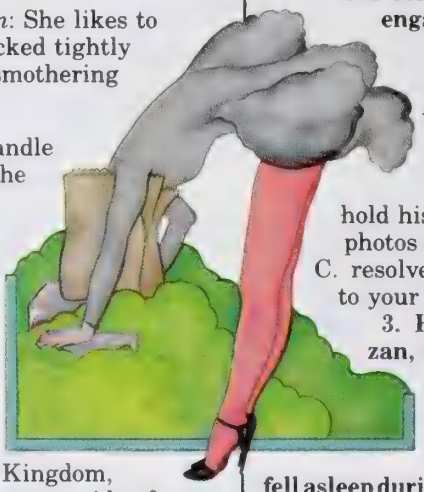
The Tigress: She swiftly pounces on anyone who gets too close to her tiger.

The Fox: She'd rather try and outsmart her lover than deal with him directly.

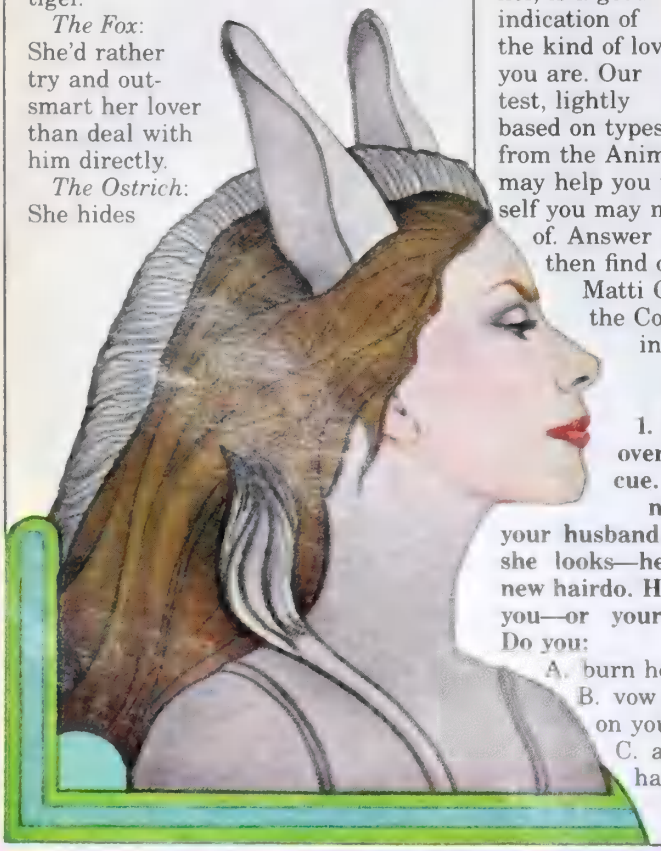
The Ostrich: She hides her head in the sand, thinking that her problems will go away if she ignores them.

The Donkey: She stubbornly sticks to silly rules when flexibility is what's needed.

The Mother Hen: She likes to keep her lover tucked tightly under her wing, smothering him with love.



The way you handle marital hassles, the way you communicate—or fail to communicate—with your partner, is a good indication of the kind of lover you are. Our test, lightly based on types from the Animal Kingdom, may help you uncover a side of yourself you may not have been aware of. Answer the questions honestly, then find out how our expert, Dr. Matti Gershenfeld, director of the Couples Learning Center in Philadelphia, chose to answer them.



1. You ask a few couples over for a backyard barbecue. When your friend and neighbor Susan arrives, your husband tells her how terrific she looks—he especially *loves* her new hairdo. He hasn't complimented you—or your hairdo—in months. Do you:

A. burn her hamburgers?

B. vow to spend more time on your hair from now on?

C. agree sweetly Susan's hair looks just lovely?

2. It's rumored that Rita, the sexy redhead who works at your husband's office, is an outrageous flirt. You finally meet her at the company Christmas party and watch while she corners your husband and engages him in what looks like a very intimate conversation. Do you:

A. get your revenge by spreading even more rumors about Rita?

B. hurry over to them, hold his hand, then show Rita photos of your three children?

C. resolve to pay more attention to your husband from now on?

3. He used to be your Tarzan, and you were his Jane. But in bed, lately, he hasn't been in the swing of things. In fact, last night he fell asleep during lovemaking. Do you:

A. try to have an honest conversation about your sexual dissatisfaction?

B. give serious thought to the overall state of your relationship?

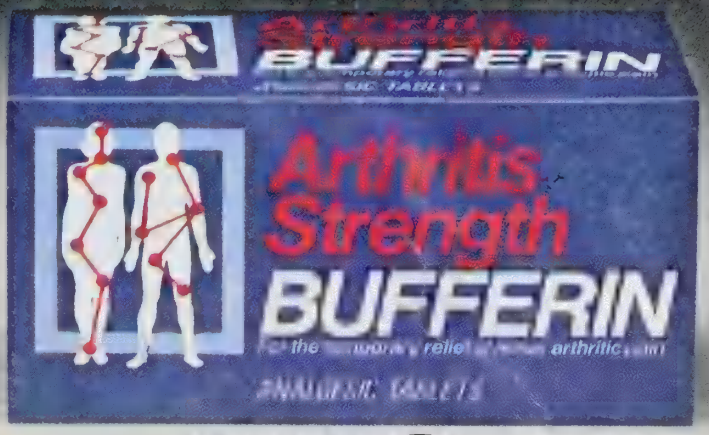
C. slip a sex manual

(continued)



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LOVING QUIZ

continued

under his morning newspaper so he'll get the hint?

4. It's your birthday and there's a surprise waiting for you in the living room. Your husband has bought you a chartreuse couch. You *hate* it. Do you:

A. keep the couch—and remind yourself it's the thought that counts?

B. return the couch and, while you're at it, tell your husband that in the future you want to be consulted on all major purchases?

C. make up a good excuse for returning it so as not to hurt his feelings?

5. You're a good mother so, of course, you always want to be available to your children should they need you. But lately you've been worrying that your three year old, who has taken to walking into your bedroom without knocking, will interrupt your lovemaking. Your husband says your nervousness is making you unresponsive in bed and he insists the door be locked. Do you:

A. go ahead and lock the door?

B. stick to your unlocked-door policy?

C. confine your lovemaking to those times when you're sure the kids are sound asleep?

6. Your husband is compulsively neat—the kind of man who clears the table while you're still sipping your coffee. You, on the other hand, are admittedly untidy. Your differences are creating friction between you. Do you:

A. try to mend your ways because you believe it's better to be neat than messy?

B. tune him out?

C. tidy up the areas that seem to bother him most?

7. Because you're saving for a vacation, you've agreed not to exchange gifts on your anniversary. But when the big day arrives, you feel let down and empty-handed. Do you:

A. honor the agreement—a bargain is a bargain, after all?

B. surprise him with a present?

C. tell him you've decided to run out and buy him a present so that he can buy you one, too?

8. The Mexican vacation you've longed for all year long is turning into a nightmare. You were expecting a week of sunning and swimming, but he insists you take in the sights—every last one of them. Do you:

A. refuse to go along, but tell him he can have his way next year?

B. go your separate ways during the day but meet for dinner every night?

C. do none of the above?

9. Your husband's cough kept you up all night and he doesn't seem to be any better this morning. But when you ask if there's anything you can do for him, he says he just wants to be left alone. Do you:

A. whip up your favorite home remedy, chicken soup (you know his mood will pass)?

B. leave him alone, as he asked?

C. stay out of his way for the time being; then, in a couple of hours, ask again if there's anything you can do?

10. You've asked your husband to phone you from his office every day so that you can coordinate your plans for the evening—and simply because you like to hear from him. Although he promised to call, sometimes he forgets. Do you:

A. remind him, each time he forgets, of his promise to you?

B. find out the *real* reason he forgets?

C. call him?

The expert's opinion

Dr. Gershenfeld has selected the answers that she believes indicate the most loving and supportive kind of communication. Find out how you score as a lover.

Value yourself

1. The better choice is (C): *agree that Susan's hair looks lovely.*

"Just because he compliments your neighbor doesn't mean that he thinks you look awful or that your hair is unkempt," says Dr. Gershenfeld. Her advice: Try not to view all other women as competitors for your husband's love and attention.

Show you care

2. The better choice is (C): *resolve to pay more attention to your husband.*

"Whenever jealousy strikes," says Dr. Gershenfeld, "it might help to remember that your husband is committed to *you*." And, she says, "If he seems to be delighted by the attention from another woman, it could be that he has been feeling neglected at home."

If you answered (A) to questions 1 and 2, then beware of your *tigress* tendencies. Burning your neighbor's hamburgers or spreading rumors about Rita would have accomplished nothing, and you would have risked alienating your husband. A tigress should pause before she claws.

Keep in touch

3. The better choice is (B): *give serious thought to the state of your relationship.*

"Sex is the barometer of a relationship," says the psychologist. "If something is wrong between a couple, it usually shows up in the bedroom." So, when lovemaking isn't up to par, try to figure out what the underlying problem might be. Then see if you can resolve it.

Better to be honest

4. The better choice is (B): *return the couch and tell your husband that in the future you want to be consulted on all major purchases.*

You should have the right to approve—or veto—every major purchase, and so should your husband, according to our expert. It's a lot healthier to be honest and state openly that you'd like to share in major decisions than to let your resentment build.

If you answered (C) to questions 3 and 4, then there's a bit of the *fox* in you. Although your tricks—planting a manual under your husband's newspaper and making up an excuse to return a gift—are clever and cunning, they could very well backfire. Your man may catch on to your foxy ways and resent being manipulated.

Take time to be close

5. The better choice is (A): *lock the door.*

"If an unlocked bedroom door detracts in any way from the spontaneity and responsiveness of your lovemaking," says Dr. Gershenfeld, "then it should be locked. If the children need you, insist that them to knock. Parents owe themselves total peace of mind during lovemaking."

Learn to compromise

6. The better choice is (C): *tidy up areas that seem to bother him most.*

"The messy-neat conflict may be a serious threat to a relationship," says the doctor. Because it crops up day after day, it can easily become one of those small, seemingly trivial problems that sometimes turn into a major source of marital disharmony. Her advice: compromise.

"Find out what bothers him most," she says, "and then concentrate on those things. Of course, he must agree to compromise, too. If his compulsive tidy clearing is driving you crazy, for example, then he should promise to resist the temptation in the future."

If you answered (B) to questions 5 and 6, then you have a slight streak of *ostrich* in you. Fight your tendency to hide your head in the sand and hope for the best. Tuning out your husband and ignoring his complaints will not make your differences disappear. On the contrary, you'll probably cause small problems to grow larger.

Make love special

7. The better choice is (C): *let him know you're going to buy him a present so he can buy you one, too.*

"If you surprise him with a gift, however inexpensive, you may leave him feeling embarrassed and empty-handed," says Dr. Gershenfeld. "Don't worry about breaking the agreement—it was a silly one to begin with. When it comes to love, never pass up the pleasures of the present for the promise of the future. Celebrations are an important part of the joy of loving. Try to make each anniversary, each milestone, a special time."

Share your happy moments

8. The better choice is (C): *do none of the above.*

"Your vacation may be the only opportunity you have all year long to be alone together in a totally pleasurable way," says the psychologist. The best solution is, once again, to compromise. "Rather than separate, come up with a plan that will allow each of you some time to do what you want. That way, you will have many enjoyable moments together."

If you answered (A) to

continued

Don't let summer make you look older than you are

Especially after everything you've done to be at your best this summer! Way back last spring, you began to eat intelligently and exercise faithfully so you'd look trim on the beach and tennis court. (And a well-cut bathing suit disguises those few extra pounds you can never seem to lose, no matter how hard you try.) You have a new wash-and-wear haircut that falls flatteringly into place when you emerge from the pool. And the tan you got day-sailing gives you a healthy, outdoorsy look.



And yet...you still look older than you want to. Or, worse, perhaps older than you really are. Even if you pull back your skin at the temples when you look closely in the mirror, those little give-away lines are clearly showing more. And they're even more apparent now that your skin is dried by summer weather. You're quite certain you're not the only one who's noticed.



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Other people will be able to notice the difference you see in the mirror, but they may not say a word. After all, it takes a really good friend to admit out loud that you're looking younger.

Since it penetrates rapidly and neither looks nor feels greasy, Oil of Olay is ideal under makeup. Cosmetics sleek on easily over your smoothed skin, without streaking or caking or changing color. And they remain fresher-looking longer, too. If you want to give your face a summer vacation from makeup, or if you'd simply like to show off your new-found younger look, Oil of Olay gives your face the kind of radiance that may cause you to decide to go bare-faced from now on.

If you're like most devoted users, you'll make Oil of Olay an essential part of your beauty ritual. Smooth on the mysterious beauty fluid every single morning, and any other times during the day when sun or wind or other summer weather leaves your face feeling dry or taut. Oil of Olay lets your skin live in its own moist, comfortable climate all summer long.

It's reassuring to know, once you've discovered the secret of Oil of Olay, you needn't be concerned about summer making you look older than you really are. Let Oil of Olay help you look younger, this summer and all the summers to come.

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LOVING QUIZ

continued

questions 7 and 8, then you aren't abo dabbling in *donkey* behavior. If your w of handling a disagreement is to dig your heels and refuse to budge, you' bound to stir up more dust than y bargained for. Lovers ought to be flexib and open to change.

Be a good listener

9. The better choice is (C): *stay out his way for the time being, then ask lat if there's anything you can do to help.*

The key to making the right choi here is to figure out what he really wan from you by listening to what he says a believing what you hear. "Do not assum for example, that chicken soup is his cu of tea," says the doctor. "On the oth hand, realize that he may not want to b left alone for the duration of the col Your reluctant patient will probably we come your concern in a few hours."

Don't smother your lover

10. The better choice is (B): *find out th reason he forgets to call.*

"Although a daily phone call may see like a simple enough request to you, fin out how he feels about it. Does it mak him feel like a child who has to report to Mommy? If the calls create tensio try to discover a new and better way communicate when you're together."

If you answered (A) to questions 9 an 10, then you may have a hint of th *mother hen* in you. Before you spoon ou the chicken soup or nag him about h failure to call, find out what his need and desires are. The mother hen shou always be aware that even a good egg wi leave the nest if he feels in danger being smothered.

What's your loving style?

Were most of your answers on targe Then chances are, you and your lov know how to communicate effectivel You're not afraid to speak up when b issues threaten your relationship, nor d you allow the little problems, the every day irritants, to wear away at the goo feelings you have for each other.

But what if you were, more often tha you like, off target? Then your personalit may be blocking your communication. C course, there are times when you must b as forceful as a *tigress*, as nurturing as *mother hen* and as steadfast as a *donkey* And there are times when the clevernes of a *fox* or the silence of an *ostrich* needed. The rule is *moderation*.

When the dialogue between you open and caring, then it's easier to suppl what is needed, when it's needed, i order to ride out the bumps lovers ar bound to come up against. Just keep i mind that the best kind of lover is on who knows how to talk and listen to th one she loves. **En**

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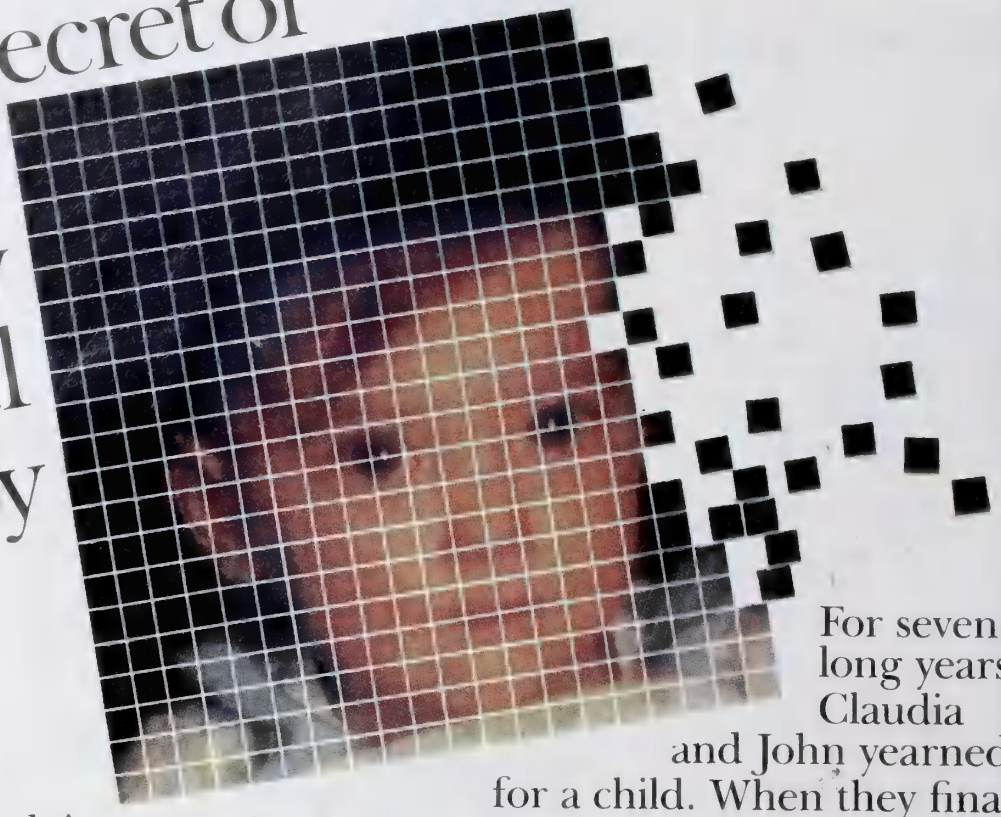
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The Secret of Our Very Special Baby



For seven long years, Claudia and John yearned for a child. When they finally conceived, it was a miracle of modern medicine. Would it take another miracle to love that baby as their very own? By Nancy C. Baker

The small, pale woman was exhausted after laboring 26 hours to give birth to her first child, but she refused any medication for her pain. After waiting so long for this moment, she was determined not to take any drugs that could possibly harm her baby. Then, the little boy was born—healthy and robust, loudly protesting his rough introduction to life.

Although Brent Franson's birth was difficult, it was not nearly as difficult as his conception. In fact, he must be one of the world's most wanted babies, for his parents, Claudia and John (their names have been changed to protect their privacy), had been searching seven years for a way to have a child. Finally, after they'd explored all other alternatives, they turned to an unconventional method: artificial insemination.

No one, not even the Fransons, will ever know whether John is actually Brent's biological father, because doctors used a mixture of John's and a donor's sperm. But that seems very unimportant to these new parents. All they know is that at last they have a child, and they consider him wholly their own.

For the Fransons, as for many couples in the same predicament, it was not an easy decision to make. Claudia realized she would be carrying a child that might not be her husband's—could she cope with that reality? And could she handle the fact that many people, including a few major religions, oppose artificial insemination on moral grounds, especially when a donor's sperm is used? It's unnatural, they say—an act against God. But Claudia and John, after years of frustration, felt they had no other choice.

"Being a mother wasn't something I was always obsessed with," says Claudia. "John and I wanted to travel, invest our money and settle down before we started to have kids." When they'd been married three years—Claudia was 27, John was 30—and had put down roots in a small midwestern city, the Fransons decided they'd waited long enough. But another year went by and Claudia showed no signs of becoming pregnant.

"I knew something was the matter," she says, "but my gynecologist said there was nothing wrong with either of us. He did a sperm count on John and said everything was all right. Then he did a laparoscopy on me ('belly-button surgery,' he called it, 'in order to examine the reproductive tract). 'There's nothing we can do for you,' he said. 'Just keep trying.'" And *relax*, the Fransons were told—advice that Claudia didn't feel was appropriate. "I never believed it was my nerves that kept me from getting pregnant," she insists. "I'm not a nervous person."

Yet the waiting and wondering did make her anxious and depressed at times. "Whenever I got my period, I'd go into the shower and have myself a good cry," Claudia remembers. "Then I'd come out of the shower, *(continued)*

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Special Baby

continued

have a glass of wine and begin to look on the bright side. 'Another fresh month,' I'd tell myself. 'Another egg coming down. Another chance.' You have to be very positive, or you'll never get through it."

The Fransons got through it by keeping busy and trying not to dwell on their childlessness. Claudia was becoming more successful in her job as an accountant. John worked as a manager with a large technical company. They filled their evenings by playing bridge with friends, or taking in a show, concert or movie. And each month, when they learned Claudia still wasn't pregnant, the couple would dress up and go out for a special, intimate dinner—it became a sort of ritual with them.

Although they had a pleasant life, they felt that nothing could quite compensate for the lack of a child. So they kept on trying . . . and they kept on failing. "Trying to have a baby was the hardest thing I've ever had to do," declares Claudia. "It was the most difficult time of my life."

The search continues

"The hardest part," says John, "was finding a doctor who really knew anything about infertility, particularly male infertility." When John's company transferred him to California, they set out to find a new gynecologist, hoping that they'd finally discover a doctor who co help. But all they heard was the same story: There was nothing wrong with ther of them. Eventually, they settled a doctor who put Claudia on a drug ca Clomid, "to see if it would do any go Clomid has helped some women bec pregnant, but it has inhibited fertilit others. For Claudia, "it just made ev thing worse."

John, meanwhile, went to see a ur gist, who told him he had a low sp count and prescribed a variety of dr Ironically, one of those drugs Clomid. "The doctor suggested tl might be a surgical cure," John rec "but he wasn't sure. So he just car on, trying all these different medicat and saying it was really all he could d me." It wasn't enough for the Frans Their struggle had been going on for years now, and time seemed to be r ning out for them.

"I don't think I was fanatical al having a baby," Claudia says. "I didn't want to give up without hav tried everything. So I went to the lib and began reading about infertility. Th wasn't much there. It seemed that ev one was interested in preventing bab not in helping people have them."

Hope rekindled

Hope was rekindled, however, w Claudia ran across the name of Pat Steptoe, the British doctor who later came famous for his part in delivering first test-tube baby into the world. figured I'd try anything, so I wrote to Steptoe to ask if he would help us if came to England," she says. "His sponse was that our case didn't seem drastic yet. Instead, he suggested, v not try the Tyler Clinic in Los Angele

At Tyler, the Fransons found the ex help they needed. John began seeing Cappy Rothman, one of the nation's specialists in andrology, or male in tility. According to Dr. Rothman, J had a classic case of varicocele: varic veins in the scrotum, which create atmosphere too warm for the product of normal sperm. He believed the co tion could be corrected with surgery offered no guarantee. And the operati even if successful, would not bring res for at least six months.

John decided it was a chance w taking. "After all those years, the op tunity to have a baby was the only im tant thing to me. Besides, I felt Claudia was going through a lot m than I was."

Claudia and John chose to be priv about their problem. "We only discus it with each other," says Claudia. T shared the burdens of the bad times rejoiced together at any signs of hope.

"Even now, I seldom go anywh without John," says Claudia. "I feel when I do, and he feels odd without m That closeness, they say. *(continu*

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Special Baby

continued

helped them survive the ordeal: Their repeated failures, rather than driving them apart, strengthened the bond between them. "We never had one argument on the subject," Claudia says. "And we never put the blame on each other for our problems."

It's lucky the Fransons had each other, for friends and relatives didn't seem to grasp what the couple was going through. "Unless you've had a fertility problem yourself," says Claudia, "it's impossible to understand how it really feels. You are grieving for the death of a child who was never born—it's like a death each month.

"People are so thoughtless," she adds. "Families tend to lay blame. They say things like, 'I told you not to marry so-and-so.'" At times, she remembers, even the sight of a pregnant woman was painful to her. "I'd think, 'Why can't it be me?'" Yet whenever a couple in their crowd showed off a newborn baby, someone would invariably ask the Fransons when they planned to start a family. "I'd answer, 'Oh, we're child-free and we love it that way,'" Claudia says. Looking back, she wonders if other people thought she and John were too selfish to have a child.

The hardest decision

Soon after John's operation, Claudia was slated for surgery, too. Her physician, Dr. Stanley Friedman, had c covered an adhesion on one of her fal pian tubes. "It was essentially restrict that tube and cutting my fertility chan in half," explains Claudia, "so the doc severed it." And to improve the coup chances even more, the doctors at Ty also suggested that Claudia be artificia inseminated with John's sperm—a te nique known as A.I.H. (Artificial Inse ination by Husband).

A.I.H., Dr. Rothman explained, quite a common procedure in which donated sperm is used. The Frans tried it—and had to face still anot failure. The problem, according to doctors, was that while John's surgery corrected one abnormality, another mained. His sperm had a tendency clump together in bunches," as Clau describes it graphically, and that ma fertilization impossible to achieve. Th was no way John's sperm could succe alone; they had to be combined w something else.

One choice involved the use of a d that was still in the experimental st and might cause a deformity in the fet The other choice was to mix John's spe with a donor's—a procedure cal A.I.M. (Artificial Insemination Mixe Natural secretions in the donated sper the doctors advised, might prevent Joh sperm from clumping. Yet there was a a chance that the baby conceived throu A.I.M. would not, biologically, be Joh child. There was, of course, an eq chance that he *would* be the father.

Only hope

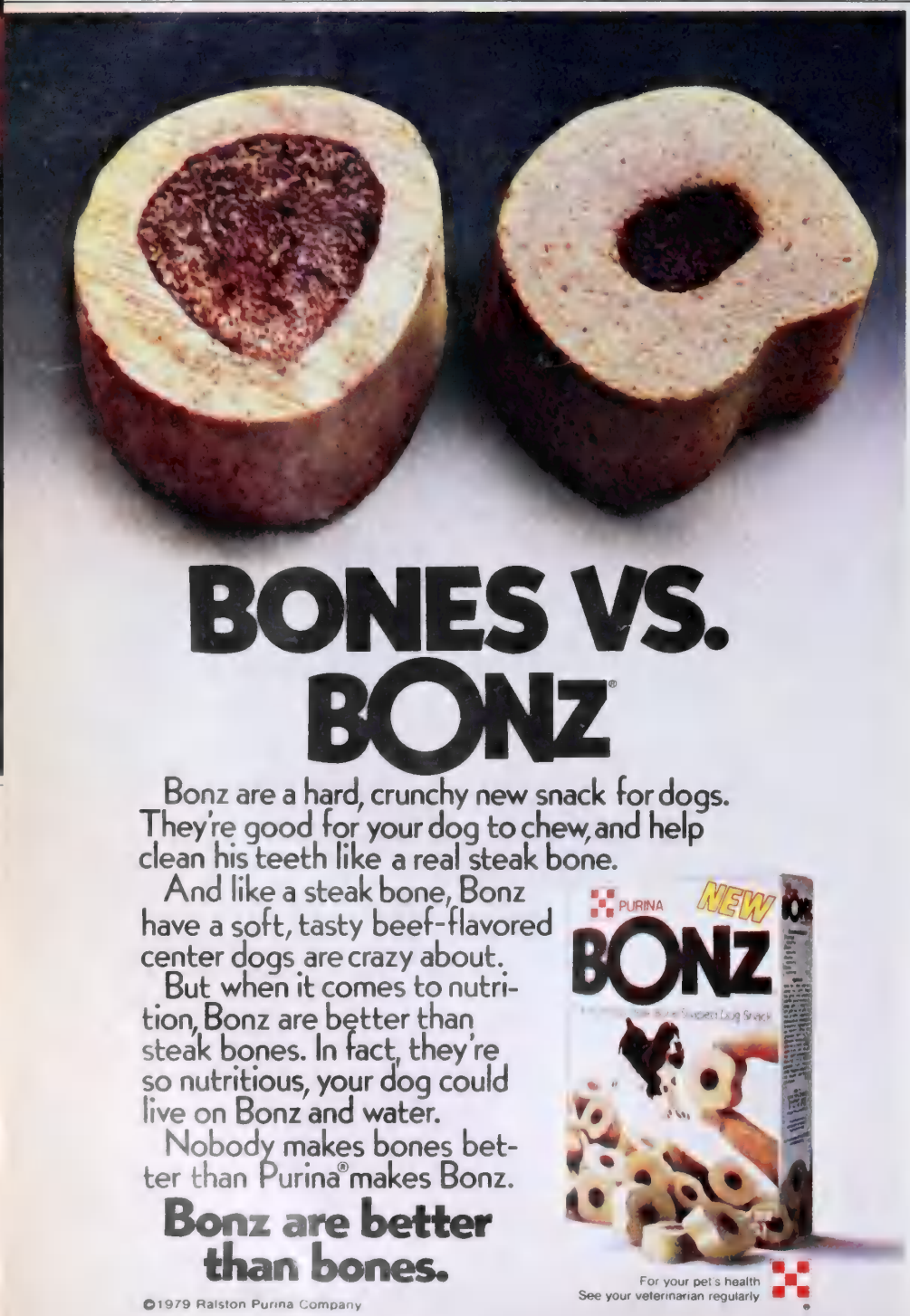
So artificial insemination, it seem was the Fransons' only hope. "The the doctors told us," Claudia recalls, felt as if we'd come to the end of a lo long road and met up with a brick w We'd been through five years of tes surgery and drugs, only to come to th We didn't want to give up on the idea having our own baby, but we also did want to use drugs, and so risk bringin handicapped child into the world. It really a horrible dilemma."

It was especially difficult for John. was really against using donor sperm first," he admits. If he couldn't fathe child, where was the "proof" of his m culinity? He wanted a child who bore own genetic heritage—still possible w the drug, but potentially dangerous.

"I think it was very unselfish of John choose the donor sperm," Claudia sa "He had reservations about it t weren't really resolved until Brent w born, yet he still went ahead."

Claudia had apprehensions, too. "T first time I was inseminated," she recal "I got very upset." She tried to prete that it was just like all the other tim she'd been artificially inseminated w John's sperm alone, but she couldn't sh out her negative thoughts.

"I'm very old-fashioned," *(continue*



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Special Baby

continued

Claudia confides. "I was twenty-four when I got married, and I was a virgin. John is the only man I've ever been with. When I was inseminated with the mixed sperm, I started thinking, 'I've got some other man in me.'"

But soon the procedure began to seem quite routine. Each month, when her temperature chart showed that she was ovulating, Claudia would collect sperm from John and go to the clinic for insemination. But pregnancy still didn't occur. "I felt like the old woman of the clinic," says Claudia, who was 32 at the time. "I told my doctor, 'I think I'll still be hobbling in here when I'm fifty years old.'"

After a year of monthly inseminations—and monthly cries in the shower—it became clear that there must be another problem, this time with Claudia. "It was like a tennis game—the ball went back and forth," she says. "Now it was in my court again." Her doctor discovered a little-known microorganism called T-mycroplasma in her genital tract. "It's like a tiny bug that sits on the heads of the sperm," Claudia explains. "It pulls them down so they can't get to the egg.

"It may seem strange," she continues, "but every time the doctors found something else wrong, we celebrated. The worst time of all was when I wasn't getting pregnant and everyone kept telling us, 'There's nothing wrong with you.' We felt crazy. Whenever they did find something specific, we felt that at least there was something to work on."

So the Fransons celebrated the discovery of the T-mycroplasma and began treatment, a process that took many more months. The day Claudia was pronounced cured was another occasion for celebration. Surely, they thought, the baby they yearned for would finally be conceived.

Luck wasn't with them the first time. Claudia did become pregnant, but the miscarried. Once again, she and John felt that they'd met a brick wall. Their spirits were low, but if they had learned anything from their seven-year struggle, it was patience—and persistence.

Our son in every way

After a few days' rest, Claudia went back to her monthly inseminations. This time, luck was on their side. "I knew I was pregnant even before the doctors told me," she says. "I felt beautiful—as if tons had been lifted off my shoulders."

John was more reserved: "I was apprehensive at first—I never count my chickens. I'd been so used to Claudia *not* being pregnant, that I thought, 'Let's wait and see.'"



Claudia also had moments of doubt: "I felt as if I was going to get my period any minute. I had terrible pains all the time and I thought, 'I'm going to lose this baby, too.'" Soon, however, the cramps subsided and so did the Fransons' fears. "I wasn't really worried that the baby wouldn't be healthy," says Claudia.

But the couple did sometimes worry that the child wouldn't resemble either of them. No chance, said Dr. Rothman. An A.I.M. donor is carefully matched with the husband for blood type and basic physical features. He is then given a thorough medical examination and screened by a genetics counselor. If he is even slightly unsuitable, the potential donor is disqualified.

The Fransons also wanted—and got—reassurance from the doctors that the whole business would be kept absolutely secret. One reason, of course, was concern for John's feelings: Sterility can be a big blow to a man's self-esteem. Another was the couple's determination to protect the child from any social stigma. Claudia and John say they will never tell their son about his origins. "I'm inclined to tell Brent that we had a great deal of difficulty having him and that it isn't always easy to have a baby," Claudia says. "I want him to know that we wanted him very much. But I'd never tell him where we went for help, just in case he might find out about the insemination.

"But there is no doubt in our minds that Brent is John's son in every way. He saw my tummy get bigger and felt the baby kicking, heard its heartbeat. John got to know Brent before he was born and he was with me during the birth."

Today, John admits he sometimes looks for his own features on his son's face—some sign that Brent is indeed *his* child. But he's doing it out of curiosity, not obsession. Whether or not the family resemblances are there, John's bond with Brent is firmly established, so much so that the Fransons think they'll soon be ready to conceive another baby in the same way. This time, they say, the decision hasn't been at all difficult. As for those who might criticize their choice, Claudia says: "I wish those people had to go through just one year of what we went through to have our baby. Then they'd understand."

And because she feels so strongly about the emotional trauma of infertility, Claudia says that when Brent is older, she may switch to a medical career so that she can help other couples: "I'd like to encourage people not to give up until they have a healthy baby."

Claudia and John didn't give up. They had to make some hard choices in order to have the child they wanted. But, as they both agree, Brent Franson makes all their efforts worthwhile. **End**

Make this light 'n fruity pie in just 8 minutes with fresh fruit, COOL WHIP Topping, and any flavor JELL-O Gelatin. Delicious. Refreshing. Easy.

1.



Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.

2.



Blend in Cool Whip® non-dairy whipped topping; then whip until smooth.

3.



Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 2 hours. Garnish, if desired.

Light 'n Fruity Pie

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⅔ cup boiling water
2 cups ice cubes
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1 cup fresh fruit (sliced strawberries, peaches, bananas or whole raspberries or blueberries)*
1 packaged graham cracker crust

*Optional
1 can (8¾ oz.) apricots, sliced peaches, drained and diced, or fruit cocktail, drained.
1 can (8¼ oz.) crushed pineapple, drained



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JACLYN SMITH A NEW MATURITY

One of America's most beautiful women faces conflicts, new realities. What has happened to her storybook marriage . . . what is in her future? By Phyllis Battelle

Hollywood marriages, so often shaky, are difficult to write about. And the scorching Monday afternoon I spent in Phoenix, Arizona, with Jaclyn Smith, the patrician beauty of *Charlie's Angels*, was as suspenseful as her forthcoming movie, *Nightkill*, which she was filming in the hot Arizona sun. Would she confirm the fact that she and TV actor Dennis Cole were breaking up their marriage of less than two years? Would the Texas belle, whose old-fashioned values and sense of privacy are as famous as her flawless face, show any signs of strain?

"Wait till you see the dailies," whispered a producer. "She's phenomenal!" And so kind, so gracious, so cooperative. Adjectives flowed through the parched lips of her co-workers like lemonade. By the time the crew broke for lunch, it was clear that everyone loved working with the gorgeously tanned Jaclyn Smith.

What followed Jackie's afternoon on the film set was a candid interview in which Dennis Cole and Jaclyn drifted in and out of a dressing room trailer, providing a joint portrait of a couple trying to save a marriage. Their words that day rang with sincerity. But seemingly, this marriage could not be saved. In June, Jaclyn announced that she was separating from Dennis, although they said divorce would not be part of their plans at the moment.

But somehow, the interview does not lose its impact in retrospect. Indeed, it still tells a great deal about Jaclyn Smith and her determination to find a stable lifestyle in what appears to be her second unsuccessful marriage.

"It would be silly to say everything is a rose garden," Jaclyn admitted reluctantly when we were alone. "Two actors together have some strikes against them to begin with because you're both going in different directions. There are tensions. There are problems. Two years ago I wouldn't have said this. Everything had to be pretty for me."

Perhaps facing her inward thoughts, she added, "Marriage isn't the end-all. You think when you marry, problems will go away. But when two people are living in the same house, you have to do some changing. And changing is always hard."

Since the gossip had it that it was partly the playboy reputation of Dennis that was making the trouble, I was fascinated to see how they answered questions when both of them were in the trailer.

"Perhaps I see Dennis in a way that no one else sees him," Jaclyn said that day. "I think maybe his public image is different from his private one."

What is his public image?

(continued)

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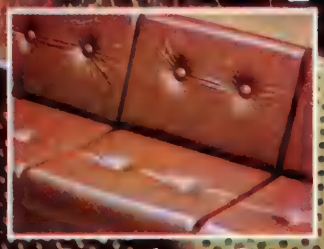
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JACLYN SMITH

continued

"A man about town. And he certainly was!" She laughs and challenges him. "Wouldn't you say so, Dennis?" A pause. "But you see, I changed him!" I search my reporter's mind to see if there is hostility or mockery in what she says. I cannot remember it as anything but a straight, sincere statement.

When he is out of the trailer, however, she hedges.

"There *are* problems. When I do *Charlie's Angels*, getting up at five-thirty and coming home at eight every day, it's part of a lifestyle. I can't expect his day to stop because I have to go to bed early. I have to understand that." (Looking back again, I realize that, at some time, all the *Charlie's Angels* stars had indicated that the series had put pressure on their personal lives.)

Jaclyn also firmly denied that she and Dennis had been separated last winter, when she went home to visit her parents in Houston. "I'm very, very close to my parents. I telephone my mother from wherever I am. I visit them often, whenever I can break away from my work. No, Dennis and I have not been separated since we were married in October, 1978."

Had they visited a marriage counselor?

"We have a doctor, our general doctor. She can talk to us. I think any sensitive person can help. We also have several friends who are quite sensitive to the worldly problems we might have."

Jaclyn admitted when questioned that she and Dennis had signed a pre-marital contract—surprising for a woman of such traditional, non-feminist ideas.

"Yes, we did that," she says, uncomfortable that I'd brought it up. "It was Dennis' idea, not mine. He has a tremendous amount of property of his own. But I think he wanted the contract for the sake of my parents. Maybe to put their minds at ease. Who knows?"

Since they have separated, Dennis has moved out of their house in Coldwater Canyon, where they lived next door to Kate Jackson, and where Jaclyn and her former Angel sidekick literally had over-the-fence conversations.

Self-avowed idealists

Both Jaclyn and Dennis are self-avowed idealists. Their two-year conservative courtship (no living together!) and marriage were much publicized and idyllic. Dennis wrote poetry to her, sent roses. They shared candlelight dinners. Such carefully orchestrated romanticism seemed offbeat to cynical Hollywood, which refused to take it at face value. But Jackie Smith herself was not the usual stereotype, either, so perhaps, they said, it was all for real.

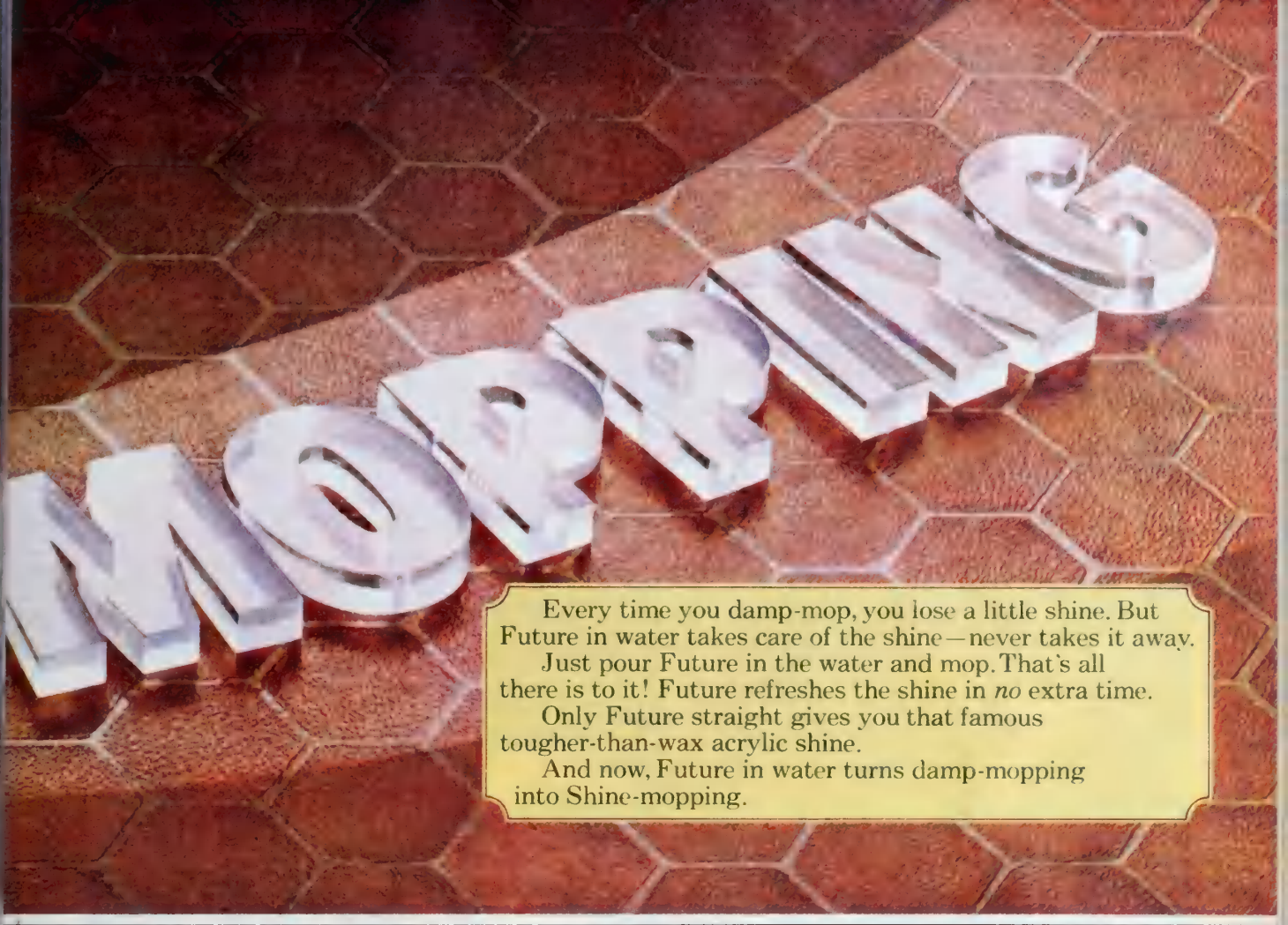
Jaclyn talks about her romanticism wit honesty.

"I'm growing up emotionally and learn ing every day," she says lightly. "But I a still a very romantic person and ex tremely moralistic. I fantasize and idea ize things. Sometimes I wonder if bein so romantic, I miss the whole reality of situation because I'm in a dream world."

The first man she let into her life wa also an actor, Roger Davis. Jaclyn was 2 studying ballet, and after only two date they decided to marry. They had a hug formal wedding in Houston.

"My marriage, the first one—not t this beauty here," she grinned, strokin the arm of Dennis, who had come back t the trailer, "was another example of how live in a dream world. I was a naiv innocent little girl who thought that ma riage was a picket fence and roses. didn't know how to deal in anything ex cept perfect pictures. I believed in tot commitment and fidelity, and I despe ately wanted children, but Roger di not." She clung to the marriage for fou years. "Being idealistic, I thought if yo had the right thoughts and a positiv frame of mind, everything would wor out." But that marriage, too, dissolved.

"You learn from pain, and from you mistakes," Jaclyn says, glancing at Dennis "Maybe my first husband needed a mor worldly girl. We wanted different things i life at that point. Maybe if we had m



ter on it would have been different." he thought makes her straighten her im shoulders. "I'm a much stronger per- on now, with definite opinions, more pen, more talkative, more up-front."

Jackie met Dennis when he guest- arred on an early segment of *Charlie's ngels*. "Dennis accepted me for what I as, and made life easier in a difficult me," she recalls.

Jaclyn was also attracted to Cole's rela- onship with his son, Joey, then 15. They spent every weekend together, real uality time. Joey was such a nice, se- ious, gentleman-type boy, the sort of son would like to have."

Yet their backgrounds were totally dif- erent, so they delayed a commitment for wo years. Dennis' parents separated hen he was young. "I was brought up ind of on my own, fending for myself," e said. By contrast, Jaclyn had led a heltered, well-to-do life.

Jaclyn's makeup man hurried into the railer to touch up her face. Jackie is ehearsing a scene in which she's driving car with the body of her dead husband n the trunk. She's stopped by a highway patrolman and is, of course, terrified.

The director tells her to pretend it's omeone she knows who's dead in the ack of the car. "Are you kidding?" Jackie aid incredulously. "I'd be bawling and ailing!" Which is not the effect that nybody wants.

In real life, Jaclyn cries easily. "I'm emotional at the drop of a hat. Sad sto- ries, frustrations—listen, I cry when a dog crosses the street, if I love the dog."

She shows her anger, too. "Sometimes I'm very high-strung," she admitted lightly. "When Dennis and I have squab- bles, which we do—everybody fights sometimes—I get it all out. Me, I can kick and scream, and then say, 'Oh, hey, let's kiss and make up.'"

Children still on her mind

This hot afternoon in Phoenix, Jaclyn Smith still had children on her mind.

For years, she has let it be known that she yearns to have a family. Dennis' 19-year-old son by his first marriage, Joseph, had been living with them, and Jackie seemed to get a great kick out of being a teen-ager's stepmother. As she ap- proaches her 33rd birthday in October, Jaclyn Smith knows that her lifelong dream of having a child of her own is again stalled.

But, as they sat together that day in Phoenix, Dennis said, "She knows her ultimate desire is to have children, but another of her great desires is having magazine covers. When she finishes the show, maybe we'll try . . . "

Jackie interrupted with: "There are complications that maybe I don't want to talk about. There were in my first mar- riage. I wanted to have a baby at that time, but the marriage wasn't strong enough."

But nothing, she indicated to me, would stop her from having a child.

"If necessary, we can always adopt. This may sound bizarre to you," she stated. "but even if I were having prob- lems with Dennis, that would not keep me from having a child."

Meanwhile, her career schedule is a heavy one. When she finishes *Nightkill*, the movie she's wedged into a six-week vacation period from *Charlie's Angels*, she returns to another ABC-TV season. And more movie offers. Through her own company, GH Productions (named for her grandfather Gaston Hartsfield), Dennis is putting together a film based on the tragic life of Gene Tierney, in which Jackie will play the role of the 30s and 40s star who suffered a series of mental breakdowns after giving birth to a re- tarded child.

"Pawpaw," as she calls her grandfather, was a Methodist minister who died five years ago at the age of 101. It is clear that he has been a major influence in her life.

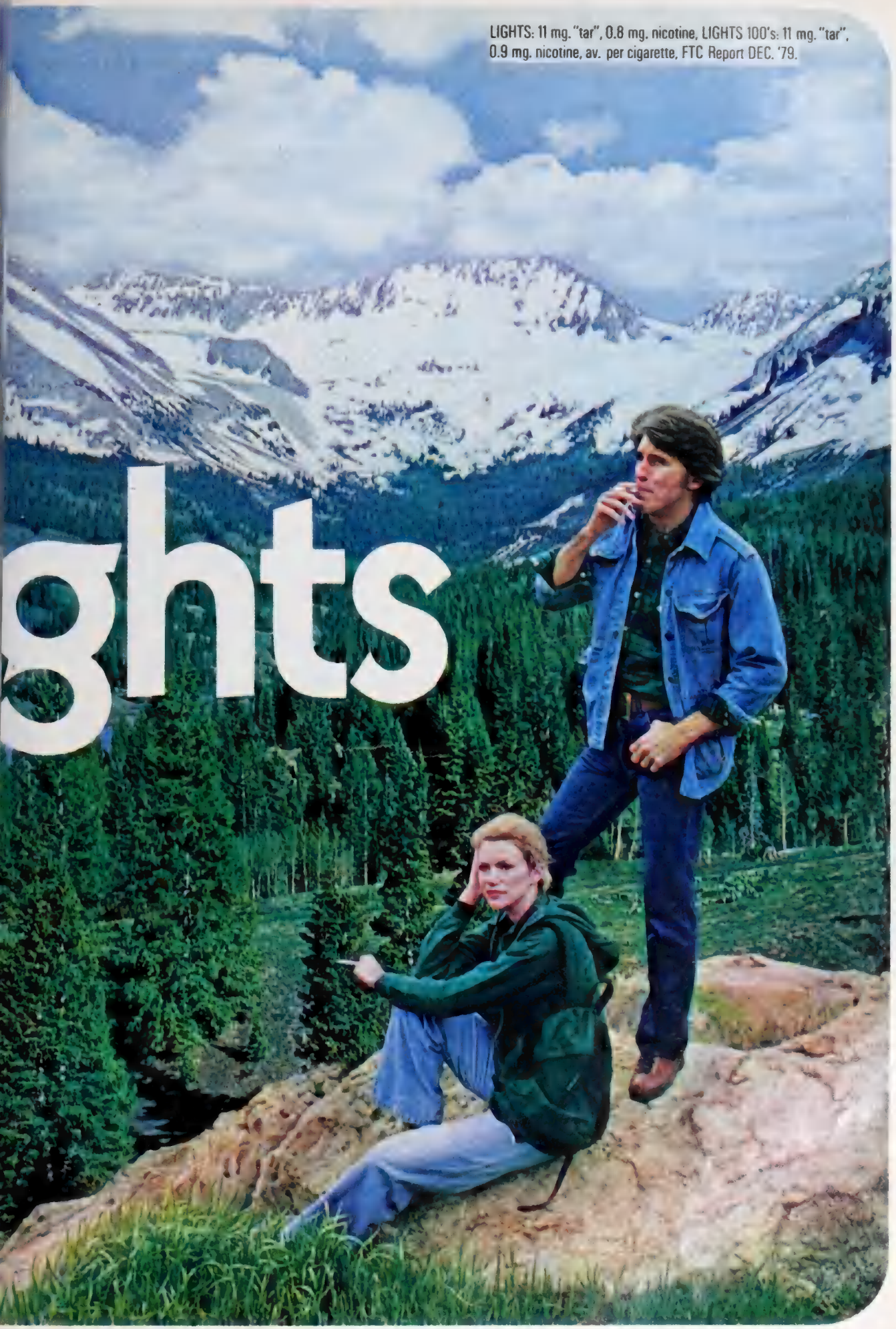
She has a recurring dream about him in which she climbs into heaven and brings him back.

"God, he was such a darling man, so perfect and untarnished by worldliness! By comparison, my life is so *superficial*."

On Sundays, Jaclyn Smith tries to work

(continued on page 62)


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JACLYN SMITH

continued from page 59

with a group of retarded children, teaching them ballet. Obviously, she is still trying to be as good a person as her grandfather would want her to be, in a world he wouldn't have understood. Dennis seemed to understand this.

"She loves children, and feels life has been very good to her," he says, recognizing that Gaston Hartsfield is a hard act to follow. "She wants to repay that in some way. It's part of her guilt thing." He added, "Her relationship with her grandfather was very special. Not many people have anyone that vital in their lives. I know I didn't until I met Jaclyn. She is what every man would want—beautiful, warm, loving, caring."

Obviously something went wrong. Obviously, Jaclyn Smith is far more complex than even she realizes. Recent photographs of her in fashion magazines somehow reveal a new sophistication, a deepening and sensual maturing. Will her breakup with Dennis signal to her that perhaps her needs go beyond sheer romance . . . that she has been pursuing a dream that ultimately must be recast with a new leading man?

Film is a challenge

The sun is going down outside the trailer. Jackie is enervated but cheerful. "This film is a challenge," she sighed, "so much more emotionally demanding than anything I've done."

And if it does make her a superstar, will she go on to ever bigger projects, slipping past the yearning for children?

"Oh, no," she says quietly. "Look, if this movie's a big smash, who knows exactly what the next step might be? I *am* very involved with my work. But first and foremost, I'm really a family girl. I'd probably feel cheated if I could not have a family. And if all this would ruin my chances for that, I feel that I would have to give it up."

It is a promise made to herself. And when it will come about, only time will tell. **End**

OF POEMS

By Maureen Cannon

We all *create. You turn to silk*
A piece of wood whose symmetry
Enchants us. With flour, milk,
And love (the selfsame love you bring
To carpentry), she molds her cakes,
Confections, each a perfect thing.
Her own, unique. Her sister makes
The stranger smile with honeycombs
Of gentle words, with wisdoms of
The heart. There are as many "poems"
As there is love.

Your Family's Health

Drugs tested to prevent premature births. New cure may help insomnia. Leboyer method compared to conventional deliveries. Plus more . . . By David R. Zimmerman

PREVENTING PREMATURE BIRTHS. Being born too early is the major cause of physical problems and deaths among newborn infants. To inhibit pre-term labor and delivery, doctors have prescribed extended bed rest for mothers and even a surgical procedure known as cerclage, in which the cervix (tip of the uterus) is stitched shut to keep the baby from exiting the uterus too early. Recently, a group of experimental drugs called beta-mimetics have been used to prevent contractions in the uterus. This has helped to sustain precarious pregnancies for the normal gestation period of 36 weeks and longer. One of these drugs, ritodrine, may soon be approved for clinical use by the Food and Drug Administration. It successfully prolonged, by six weeks or more, 50 percent of the pregnancies in test cases.

RESTLESS NIGHTS. Sleeping difficulties are extremely common: A study of one thousand Los Angeles households revealed that one third of all adults surveyed had trouble either falling or staying asleep. Women showed a much higher incidence of insomnia than men. Although still in the research stage, one promising solution involves use of essential dietary amino acids, some of which seem to act as soporifics. Psychiatrist Ernest Hartmann, M.D., in a study conducted at the Tufts University Sleep and Dream Lab in Boston, found that one gram of tryptophan, for instance, hastens sleep as well or better than commonly prescribed sleeping pills—and without disruption to the sleep cycle often attributed to these drugs. Remember the proverbial glass of warm milk? A gram of tryptophan is about ten times the amount of the same amino acid contained in the time-honored bedtime remedy for insomnia.

LEBOYER TECHNIQUE TESTED. The Leboyer method—in which a baby is delivered in a quiet, darkened room, placed on its mother's abdomen even before the umbilical cord is cut, and then massaged and bathed in warm water—has been a popular alternative for mothers to standard obstetrical deliveries. The first carefully conducted comparison between the two birthing methods was just completed by Murray W. Enkin, M.D., in Hamilton, Ontario. He randomly assigned women in his obstetrics practice to have either a Leboyer or a gentle, conventional delivery.

With the help of his colleagues, he then studied the effects on mothers and their babies. Tests were performed during the first hour of life, after one and three days and after eight months. Apgar scores and other physical and behavioral studies showed no differences. The Leboyer mothers did, however, experience a shorter labor and said they felt that their babies had profited by having the technique used.

"Our results suggest," Dr. Enkin wrote in the *New England Journal of Medicine*, "that the Leboyer procedure has no advantage over a gentle, conventional delivery in influencing infant and maternal outcomes."

PENICILLIN ALLERGY. Many people are so allergic to penicillin that a standard dose will kill them. But what can be done when they suffer severe infections that can only be treated with this antibiotic? Allergist Timothy Sullivan, M.D., of Southwestern Medical School in Dallas, Texas, says he may have a solution.

He starts critically ill patients on low, desensitizing doses of penicillin, which he gives orally to keep most of the drug from reaching the bloodstream, where dangerous reactions seem to be triggered. He repeats and doubles the amount every 15 minutes. Desensitization occurs in as little as four hours, after which the larger doses needed to cure infections can be safely injected. Having successfully treated 30 patients in this manner, Dr. Sullivan says, "Desperate situations are times for desperate measures. But I'm willing to risk that because I'm confident the procedure is relatively safe—and it has done a tremendous amount of good in my view."

WHEEZE-FREE FUN. Physical exercise causes many asthmatics to wheeze and cough, so they tend to avoid sports. Since the current medical consensus is that warm, moist air is less likely to provoke asthmatic attacks, experts feel swimming is the most tolerable sport for sufferers. So the hot, damp weather in August is the perfect time for parents to introduce their asthmatic children to the pleasures of water sports. **End**

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Planning a family getaway? The Journal's pet expert tells how to share those summertime pleasures with your favorite animal friend.

By Roger Caras

Have Pet–Will Travel

When the weather warms up, millions of Americans get travel fever and head for country hideaways, national parks, historical trails and sunny islands. Often, however, there's one problem they've overlooked: What to do about the family pet? Scrambling around for last-minute solutions is no way to start a vacation, so don't make that mistake. With careful planning, both you and your pet can have a carefree good time.

Should you take your pet along? On an automobile trip, your dog or cat can be a welcome companion—*if* you take its special needs into account. Many parks, game preserves and animal sanctuaries do not allow pets; be sure to check in advance. If you don't, you may miss out on that spectacular view or famous landmark you've driven a thousand miles to see. You can't just leave your pet locked in a car all day. In hot weather, an automobile can become a death trap for your animal in a matter of minutes.

You should also consider the legal limitations you may encounter if your pet goes along, especially when it comes to international travel. Get the complete rundown on domestic and foreign restrictions from *Traveling With Your Pet*, a book by Paula Weideger and Geraldine Thorsten (Fireside/Simon & Schuster, $2.95).

Do hotels and motels generally allow pets? Sometimes, but you can't count on it, so plan your stopovers with your pet in mind. After a long day on the road, it's no fun to discover that the motel where you made reservations won't accept animals. There's a handy booklet called *Touring with Towser* that lists thousands of hotels and motels nationwide where pets are permitted. You can get a copy by sending $1 to: Gaines TWT, Dept. LHJ, P.O. Box 1007, Kankakee, Illinois 60901.

What precautions should you take when traveling with your pet? (1) In wildlife areas, do not allow your pet to approach other animals. If a wild animal doesn't flee at the sight of your party, it may have rabies. (2) Make certain your pet's basic vaccinations, including rabies, are up to date. (3) If your pet is on any kind of medication, have enough on hand to last the entire trip. (4) Take along plenty of your pet's regular food. Many brands are only sold regionally, so you can't always stock up along the way. (5) When you're loading the car, don't forget a supply of fresh water and your pet's own dish. (6) Keep your pet on a leash whenever you make a stop; too many cats and dogs are lost by travelers every year.

Should your pet go along if you're traveling by air? That depends on the pet. If you have a cat or a small dog, in some cases you can take it with you into the cabin of the plane, as long as the animal is in a carrier that fits under your seat. Call ahead to check on the airline's policy. A larger pet, however, must be shipped as baggage—and baggage can get shunted aside and even lost for hours at a time. That can be particularly dangerous if your flight is scheduled for a hot summer day. By the time airport baggage handlers have located your missing pet, it may be too late. High temperatures can prove fatal to an animal trapped in a crate on a loading dock.

What are the alternatives to taking your pet along? The best solution is to hire someone to stay in your home and keep your pet on its normal routine, in familiar surroundings. Or, if you can't arrange for a live-in sitter, ask a friend or relative—preferably someone the animal already knows and trusts—to put your pet up. Begin looking early enough and you're likely to find some sort of surrogate "parent" for your pet. If you can't, though, there is another option: Reserve space for your dog or cat at a top-flight boarding facility. Don't rely on reputation alone; ask to be shown around before committing yourself. Look for clean, bright, fresh-smelling kennels and runs, and for knowledgeable, cheerful employees. Remember, too, that no kennel or sitter can do a good job unless you provide the facts: what to feed your pet, how to reach your veterinarian and, in case of emergency, how to contact you while you're on the road.



The words *bon voyage*, after all, aren't meant just for you. Make sure they apply to your animal friend, too! **End**

9 out of 10 veterinarians agree:

the best way to feed a dog is to meet his changing nutritional needs.*

Read how the line of Cycle® dog foods meets your dog's changing nutritional needs—and see why, in an additional survey, 27% of veterinarians recommending brands included Cycle by name.*



Cycle 1 is for puppies up to 18 months.
Pound for pound, your growing puppy's nutritional needs are almost double of an adult dog—which you should feed him 1 dog food. Its concentrated on provides the extra n and vitamins his energy lemands. Plus the extra m so necessary for strong and teeth.

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When your dog reaches adulthood, his nutritional needs change significantly. Cycle 2 dog food contains a balance of vitamins and minerals specially formulated for dogs 1-7. With Cycle 2, you'll provide your dog with all the nutrition he needs to help him stay healthy and alert during his active years.

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Why feed your less active dog Cycle 3 food? Because, while you want to control his caloric intake, you also want to give him full-size servings of food that's as good tasting as it is nutritious. Cycle 3 has all the protein, vitamins and minerals an adult dog needs, but less fat and 20% fewer calories than the nation's leading brand. Cycle 3 satisfies your dog completely while reducing his total calories.

Cycle 4 is for dogs over 7 years.
When your dog is over seven, he's changing on the inside in ways that are hard to see. Cycle 4 dog food is specially formulated to meet these changing nutritional needs. It's made with high-quality protein and contains the extra minerals and vitamins a dog over seven needs to help keep his bones and teeth strong, and kidneys functioning properly.

*Surveys conducted nationally among veterinarians.



Only Cycle® changes...for the life of your dog.
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decaffeinate coffee,
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Decaffeinate the ones you love with High Point—a quality product from Procter & Gamble

HOW AMERICA LIVES

A New Closeness for the 80s



For this summer, when the living is not all that easy, the sweetest sounds are those of loving voices. "Families together." How resonant these words, rising above economic and political turmoil, cutting across the most tangled personal relationships. One of the *Journal*'s highest missions has always been the cause of family strength, key also to our series, "How America Lives." That spirit is still attainable, but now it must be purposefully and creatively cultivated. And so we give it a name, "the new closeness." Old, yet new, because it represents a triumph over time and tension, because it is more precious than ever and because, surprisingly, it can often be achieved away from home. All of which is the theme of this month's *Journal*. Find the time, make the plans, reunite yourself with your mate, your children, your friends. Strengthen even further the pull of the family and all it means: love, loyalty, sanity, refuge. "Families together." On the next six pages, ideas to navigate the 80s with shared buoyancy and hope. Reach out. Reach inward. Explore. Grow. The new closeness is there to enjoy. Try it.

THE EDITORS



Photograph by Photofile; illustrations by Heather Taylor

Families Together

Away From Home

Rediscover your family strengths with a change of scene, and find the fun and magic of good old-fashioned closeness.
By Shirley Streshinsky

SANTA FE, NEW MEXICO. The sun was high by the time Truman Johnson put the camper into gear and rolled onto the road, heading for Bandelier National Monument.

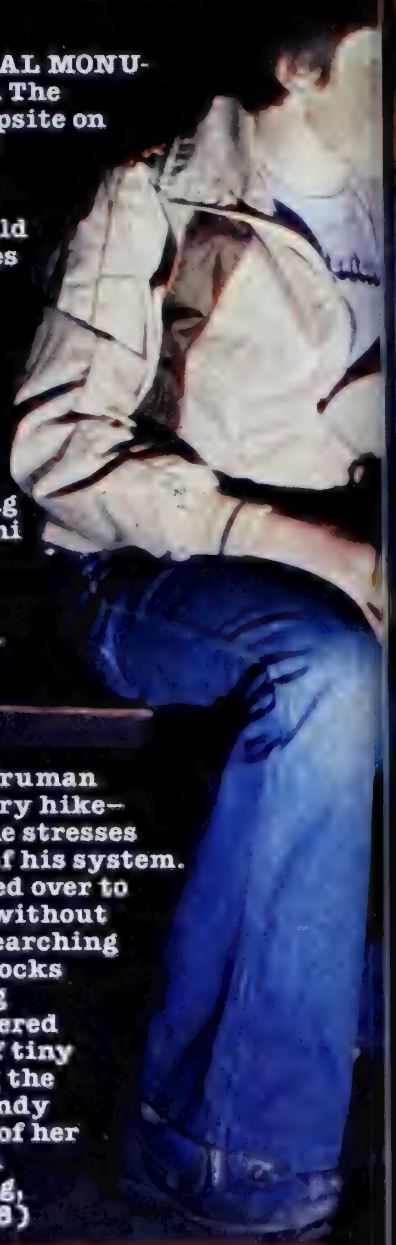
"We're off!" his wife, Sandy, chirped, being the cheerful sort. No one said anything; Truman was making a mental check of the camping equipment and the kids were still morning-groggy. Home was behind them; they were on their way, the four of them, but they weren't together, not yet. It always took a little time to move out of one world and into another. It was like that when they went away together.

We wanted to find out how American families have fun.

Fun. It is one of those imprecise words people use all the time, often badly (as in "fun time"). Like love, it is a word that is at once utterly vague and yet profoundly important to the way people feel about each other. While it is possible to have fun with somebody you don't love, it is hard to imagine loving someone you can't laugh with.

Not that hilarity is the only measure of fun. What we had in mind was something infinitely harder to define—something filled with pleasure, a series of events, an atmosphere, that could make one understand the importance of being together, of being a family.

We asked Journal readers to tell us how their families had fun together, knowing that the question was too large, too general, but trusting readers to understand that we were not looking for casual or superficial answers. We were not disappointed; we were, however, puzzled when the overwhelming majority of the letters talked about vacations. What our readers seemed to be saying was that their families had the most fun—felt the most together—when they were away from home.



BANDELIER NATIONAL MONUMENT, NEW MEXICO. The Johnsons chose a campsite on the mesa, a place that offered both dappled sunlight and shade. Truman and 16-year-old Tim busied themselves getting the camper leveled, the tent out, while Sandy and Joni, who is 14, organized the food.

"It's like playing house, isn't it?" Sandy said to her daughter. "Everything so little and easy." Joni smiled in reply; on camping trips her mother often seemed closer to her own age—you could see your parents play, there weren't so many rules.

The camp secured, Truman went for a long, solitary hike—his way of shaking the stresses of city and work out of his system. Tim and Joni wandered over to a stream. Gradually, without plan, the two began searching out bits of wood and rocks and set about creating an elaborately engineered waterway, a marvel of tiny diversion dams, along the edge of the stream. Sandy listened to the voices of her children—not so much what they were saying,

(continued on page 108)



A new closeness around the campfire...the Truman Johnsons of New Mexico camp out in a national park. From left—Tim (age 16), Sandy, Truman and Joni (14).

Photograph by Ted Streshinsky

Families Together

Away From Home

Vacation Hint

Home on wheels

Camping today means less roughing it and more enjoying the comforts of a recreational vehicle—more popularly known as an "RV." In fact, the National Park Service reports that more campers now use RVs than plain tents.

What is an RV? It can be many things: a luxurious motor home 35 feet long with running water, air conditioning and TV; a living unit slipped into a truck bed; or it can be as simple as a fold-down camping trailer that hooks onto your car, opens into a snug tent with bunks, refrigerator and range. Most motor homes are in the $15,000 to $30,000 range; fold-down trailers go from $1,500 to $5,000.

Even if you plan to buy an RV, your best bet is to rent one first. To find a rental, check the Yellow Pages or call information for RV rentals in the city where you want to start your trip.

The small RVs rent for about $100 a week, motor homes are from $200 a week up, plus mileage. American Safari National Recreational Rental System in Coconut Grove, Florida, rents RVs in over 60 cities in the U.S. (motor homes only). They will meet you at the airport in your RV—their average price is about $330 a week plus 13 cents a mile. For complete information call toll-free 800-327-8457.

No one says RVs are fuel-efficient, but whether you own or rent, an RV can be an economical way to family fun.

Tips for your first RV trip:

- Cool the refrigerator for 24 hours before using it.
- Plan to drive a maximum of six hours a day until you are accustomed to your RV (no more than 200-250 miles).
- Pack lightly to save fuel.
- Try a shakedown cruise in your driveway before leaving!

For general information about RV buying and travel, send a self-addressed envelope with 28 cents postage to Recreation Vehicle Industry Association, Dept. LHJ, P.O. Box 204, Chantilly, Va. 22021.



Reserve Ahead

Camping: First come, first served is the usual rule at most national parks and forests, but a few of the popular parks, some forests in California and most private campgrounds will take reservations—even for late summer or fall. For information about which parks, forests, state, local and private campgrounds take reservations, see Rand McNally Campground & Trailer Park Guide ($8.95) or Woodall's Campground Directory ($8.95). For information about a specific national park, write directly to Public Inquiries Office, Room 1013, Dept. of the Interior, Washington, D.C. 20240.

Hotels and motels: Advance reservations are strongly recommended, especially for late-summer vacations.

- Most chains have toll-free (800) numbers. Check your local telephone directory or call toll-free information, 800-555-1212.
- To guarantee that your reservation will be held no matter how late you arrive, send a deposit to th hotel or give the reservations cler a credit card number (you will b charged whether or not you arriv unless you cancel).
- Always request a written confi mation of your reservation.

Things to ask about: Is there money-saving weekend packag plan? Are children permitted t stay in the room at no extr charge? When is check-in time?

Tips for Travelers is a free bookle that explains what to expect i hotels and motels, how to make res ervations, services usually pro vided, how to tip, checking in an more. Send a self-addressed stamped envelope to America Hotel & Motel Association, 88 Seventh Ave., New York, N.Y 10019.

For lists of hotels in all pric ranges as well as informatio about restaurants, sight-seein and local events, consult Fodor' USA, All 50 States, 1980 (Davi McKay Co., Inc., $10.95) or Mobi Travel Guide, 1980 (seven regiona editions, each $5.95).

Games for the road

Geography: Each player names a place that begins with the last letter of the place previously named, e.g. (1) Iowa (2) Arkansas (3) Seattle.

Horses and cows: Two players, each takes the window on her side. Cows counted are one point each, horses are ten points, white horses are 20 points.

License plates: Who can spot the most out-of-state license plates.

Spell your name: Be the first to spell your name with the letters spotted on license plates.



Arrival time: A prize for guessing th time of arrival in the next town.

Car colors: Each player picks a colo First to find 20 cars of her color wins

How many miles to...the next bridge town, state line, gas station, etc.

Take along a deck of cards, pencil an paper, magnetic board game.

Today, museums are family fare

From New York's Museum of Natural History to San Francisco's Exploratorium, science museums reported 160 million visits last year, more than any other kind of museum.

Appealing largely to family groups, science centers where visitors operate computers, gaze through telescopes, give parents as well as children a chance to hav fun and learn at the same time Hands-on centers are boomin from big cities (Boston, Philadel phia, Seattle) to smaller one (Fresno, Fort Lauderdale). And th University of California's Lawrence Hall of Science has or ganized a hands-on road show tha is touring shopping malls in Kansas, Texas, Oklahoma, Loui siana, Arkansas, South Carolina and Maryland the next year.

teresting places, ways to cut costs—it's all re in LHJ's still-time-to-go vacation guide.

HOW MUCH DOES T COST? for a family of four)



Two nights in a city

A city vacation is great un, but beware that it carries nore hidden expenses than any ther (temptations such as shopping, taking taxis, entertainment, ancier meals, etc.). We chose Vashington, D.C., as an ideal place or a family trip—so much of interst is free. A reasonably convenient otel might run from $45 to $100 a ight. Although we picked average rices, food can be held down by ticking to fast food and cafeterias. or transportation, we figured uses, subways and one taxi trip a day. Hotel for two nights, $150; six meals (2 breakfasts, $15 each; 2 lunches, $20 each; 2 dinners, $60 each), $190; transportation, $20; souvenirs for children, $10. Total, $370.

Five top family-cities offer plentiful free guides to hotels, restaurants, sight-seeing (including maps), etc. Write to Convention and Visitors Bureau at 1575 Eye St., N.W., **Washington,** D.C. 20005; Suite 200, 233 Peachtree St., N.E. **Atlanta,** Ga. 30303; 90 East 42nd St., **New York,** N.Y. 10017; 225 West Colfax, **Denver,** Colo. 80202; and Visitor Information, 900 Market St., **San Francisco,** Calif. 94102.

Camping for two nights

If you own your wn equipment, the cost of a amping trip is essentially the ost of gas, food and possibly a inimal camping fee (they verage $5 to $10 but many ublic parks are free). If you do ot own equipment, we recomend borrowing what you can rom friends, possibly renting a ent. If you decide that camping s for you, here is a list of starter equipment from the middle price range. To get the Coleman catalog, from which these products were selected, write to The Coleman Company, Inc., 250 North St., Francis, Wichita, Kan. 67201.

tent (8 x 10)	$180
lantern	32
2-burner stove	43
48-qt. cooler	32
one-gal. jug	9
4 sleeping bags	120
Total	$416



A day at a theme park

From Disneyland to Great Adventure, theme parks take first prize for family entertainment: 80 million visitors last year. Money spent at theme parks can add up quickly unless you decide in advance just what you will allow in the way of snacks and souvenirs. On the other hand, if you stick to your rules, you will certainly get your money's worth in entertainment.

A day at Six Flags, for instance:

admission (children under three, free) $9.95	$39.80
lunch (hamburgers, fries, drinks)	9.00
ice cream	2.50
souvenirs (from 20 cents to 20 dollars)	5.00
dinner	14.00
total	$70.30

TIPS: Check for campgrounds near parks, discount tickets.

Something different



Camp on an Indian Reservation. Reservations in 17 states have campsites for the public—first come, first served. For details, special events on Indian lands, order Indian Country, USA Travel Planner, American Indian Travel Commission, Suite 550, First Bank Building, 10403 W. Colfax Ave., Lakewood, Colo. 80215 (send $2.95 plus $1.50 for handling).

Visit a factory, canning plant, paper mill. Send for USA Plant Visits (Order No. 003-012-00041-7, $2.80) for lists of factories with public tours. Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

Spend some enchanted outing on a wildlife refuge. More than 380 such havens are scattered throughout the country, harboring bald eagles, brown bears and whooping cranes among other exotic and fascinating fauna. Guide to the National Wildlife Refuges by Laura and William Riley (Doubleday, $14.95) describes each refuge, tells where to stay and more.

Catch a state (or county) fair—grassroots Americana not to be missed. August and September abound with state fairs, more than 26 of them from Vermont to Oregon, Illinois to Oklahoma, with crafts, livestock, entertainment and old-fashioned fun.

Don't forget boating. You don't have to be rich to spend a day or more on the water—fishing, sailing, rowing. Small boats can be rented for a few dollars a day at many lakes and rivers. Ask the local folk.

Spend your vacation on a farm or ranch. Many of them have daily rates, some only weekly. A ranch with riding and all meals costs from $500 up for a family of four for a week. For details about farms and ranches that take guests, send for Farm, Ranch & Country Vacations, 36 East 57th St., New York, NY 10022 ($6.95).

Watch for Sesame Place, the mini-theme park/science center that just opened between Philadelphia and Trenton. Muppets abound among computer games and fantastical outdoor play areas. Created by Children's Television Workshop, this is the first of many such parks that are planned.





Food FOR THE Roa

When roaming through the countryside—it's more fun if you tote along a picnic. We've planned four terrific midday menus, all portable, with plenty to eat out-of-hand. Mark your road map—and go! Recipes and tips, page 91. By Sue B. Huffman, Food and Equipment Editor.

Families Together

Away From Home





erfect Picnic: Pack a fabulous lunch for four—and pick a scenic site.

RY SAVORY PICNIC, below helet en Croute, a peasant (ham, zucchini) sand- in Italian bread, kept in foil, newspaper. Slaw- olorfully stuffed in green s. Cherry tomatoes. Ginger , a snap to make. Ripe plums.

DOWN-HOME PICNIC, insert opposite: Fried Drumsticks, delicious and easy to munch on. Celery/Carrots/Radishes, fresh and crunchy. Muffins Ole, corn muffins with green chilies, sour cream, Cheddar cheese. Applesauce-Spice Cake with raisins, caramel frosting.

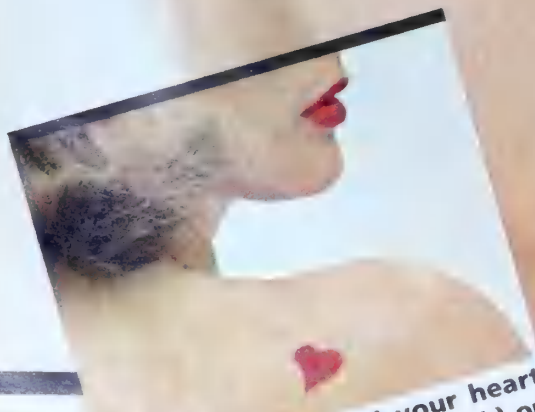
SHOWCASE PICNIC, below: For special occasions, special treats. Onion-Cheese Tart, tomato and olive-topped French version of pizza. Marinated Green Beans, crisp finger-food. Smoked Oysters from a can. Stuffed Pears, centered with creamy cheese, butter.



Food photographs by Nick Samaridge; top left by Ted Streshinsky.

The Great Beauty Rescue

Here to save the day (and evening) are what we're calling "pickup tricks" ...quick ideas to perk you up as summer slows down. Touches of pure glamour...color as a bold accessory... lots of shimmer and shine. Couldn't be simpler...or more sensational. By Maureen Lynch, Health and Beauty Editor.



Racy! Flirty! Reveal your heart (a come-hither beauty mark) on your shoulder...wherever. Outline with eye or brow pencil, fill in with lipstick or cheek color. Or capture a star, a flower... or your fancy.

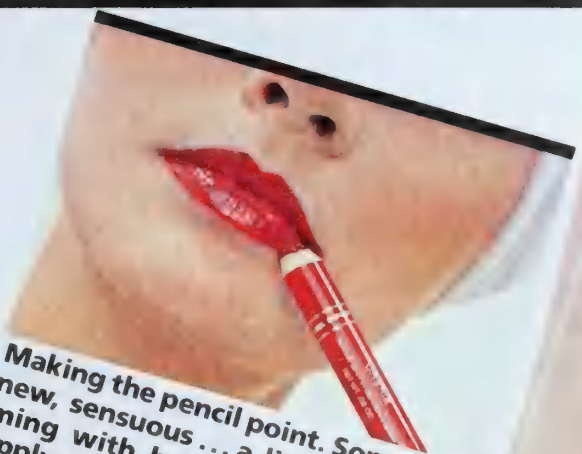
Scene-stealer. Nothing is more flattering than white to frame the face. A turban can also hide hair proble —even pincurls —and still look glorious This one, in terry, by Tropico Hats, Inc.

Photographs by Joel Brodsky
Hair and makeup by Bruce Clyde Keller, Sharon Slatt

nsider how one little change can offer such unexpected
lights. Experiment! It's easy, it's time to recharge your
auty habits and head toward Fall with fresh excitement.



Upbeat spirit. Sweep up your hair with a pair of combs—it's a fast way to look glamorous. We used longer, slightly curved combs (by Riviera) that catch more hair, hug the shape of your head. Pretty, too—pull up, hold, only one side.



Making the pencil point. Something new, sensuous . . . a lip pencil brimming with bright shine. Cinch to apply, snap to carry. Here, L'Oréal French Gloss Lip Pencil in "Cherie."

Tie-a-ribbon-round. To add even more sex appeal to "slide-into" shoes, try decorating your ankle. Here, braided satin cording. Kicky. Fun.



ust a smidgen. Borrow a quick trick
om stage performers—dot spot of
ghtener right at the outside edge
f your eye. Watch this "open" the
es making them bigger, brighter.
own under the liner. Instant
ncealer by Charles of the Ritz.

More tips on instant glamour, instant charm. More gleam and luster than you've seen in a long time. All soft, subtly feminine–bringing a new appeal to the way you look. Starting now.

Pearls of wisdom. Tired of the brights, deeps and wine-darks? For a fresh change, paint your nails the pearly blush of a seashell (faintly pink, blue and see-through). Here, Borghese Lumina Radiant Finish Nail Lacquer in "Opalescent." Lighten underside with Revlon Nail Whitener pencil.



Can't-miss colors. Here's a different way to wear a hair ribbon–boldly, with a jaunty bow. Take two contrasting ribbons (best, grosgrain), line them up evenly, then tie over the hair in a double bow. Fun!



Hidden mystery. With all the sexy necklines this season, be daring. Heighten shading between breasts with a cheek blusher, extend in a crescent up, over. Here, Cover Girl Brush-On Blush in "Blushing Rose."



Stop, look and glisten. On sunny days, add a mere slick of Vaseline petroleum jelly on lids for natural shine. Good for tender eye tissues.



Night delights. Bring on the fine romance of wonderful colors for evening. Intense without being bright. Blended in without any hard lines. Here, a luscious shade that hovers between violet and blue: Almay Color Rich Eyeshadow in "Lilac."



Suddenly bronze. Forget about matching the nail polish on your fingers and feet. Twinkle your toes with a gleaming of bronze: to glint in the sunlight, catch moonbeams at night. Here, Pearliest Maybelline Nail Color in "Aztec Gold."

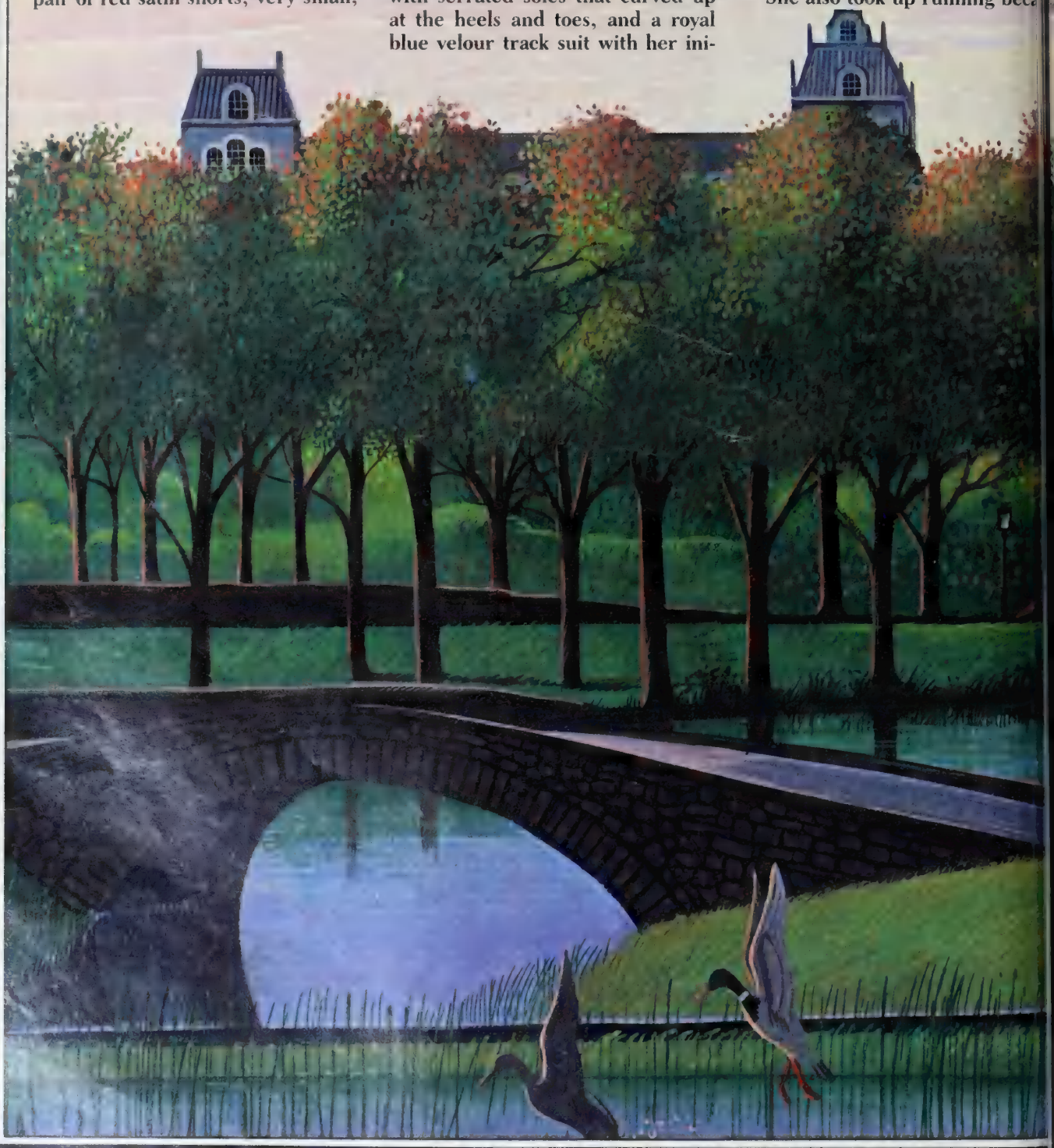
Clouds of scent. With weather still warm, forget about pulse points. Choose a light, "greener" spray and whoosh it through your hair. Walk–a fragrant trail follows you. Dance–it's magic.

Three Miles Around the Lak

What made Caroline run? Lots of things. But she did not expect that running would change her whole life. A short story by Mary Braund.

Caroline took up running because it was the fashionable thing to do. Caroline was keen on fashion. She bought herself a cute little pair of red satin shorts, very small, with white piping around the legs and waist, a tight tank top with the words "Big Breaths" written across the front, a pair of red nylon shoes with serrated soles that curved up at the heels and toes, and a royal blue velour track suit with her initials "C.R.D." on the left br pocket. The whole outfit cost $ give or take a few dollars. added a white headband for $4.

She also took up running beca



vas trying to recover from a
n love affair.
unning," said Sally Ann, her
rker at Stimpson, Graves and
, "is good for the soul, Caro-
I mean, not only do you lose
it, but it's just fantastic for
ng one's mind off things."
men, she meant.
l that deep breathing," Sally
continued, neat in her gray
el suit and sideswept hair,
the pain—the pain is just the
or clearing the brain."

Caroline certainly needed to clear her brain. Greg Bennet, one of the young lawyers in the office of Stimpson, Graves and Mayo, had wined and dined Caroline for the past four months, somehow promising much more and then suddenly, quite suddenly, had dropped her, no warning, and taken up with a new legal secretary, blonder than Caroline and definitely slimmer. It was no big thing, Caroline tried telling herself. These days one could pick and choose, men as well as women; after all we are equals, aren't we? But she had to admit that there had been moments when she had thought of leaving her job, finding another one and another man. She had maintained her cool over the whole business. Goodness, these days one had to be civilized about such things and jobs weren't that easy to come by in the city anymore. *(continued on page 123)*



Illustration by Chuck Wilkinson

Thank-You Notes

Sometimes we forget to express our gratitude for the most important things in our lives. If we're lucky, we remember in time. A touching short story by Marlene Fanta Shyer.



Deirdre's mother called a minute after the rates changed. Deirdre could hear the static in her voice immediately. It had nothing whatsoever to do with the connection.

"What's wrong, Mom?" Deirdre asked, glancing at the kitchen wall clock. Ordinarily, her mother called Sunday nights at eleven. This was Thursday at six.

"Nothing's wrong. How are you, dear? and how is Jeff?"

"We're fine. How's Dad?"

"Dad is playing golf. He's in a tournament. He's got a head cold and I told him not to play until he got over it, but you know your father. He said cold germs improve his swing."

There was a pause. "How's Jeff?" Deirdre's mother asked again.

"You just asked me that," Deirdre answered uneasily. "Is something wrong?"

"No, not at all. How is your work coming along?"

"Mom, didn't we just speak last Sunday? How come you're calling again tonight?"

"No special reason. I suppose you're very busy, dear."

"That's for sure. I sometimes feel as if I'm spinning."

"Oh." Heavy pause, then, "So how are the thank-you notes coming?"

"Little by little, we're getting to them."

"The thing is," her mother's static-filled voice said, "I happened to run into Mrs. Fiorio on the beach today. She asked me if you'd ever gotten the alarm clock she sent you and Jeff."

Oh, oh. There it was; Mrs. Fiorio must have filed a subtle complaint on the Florida beach.

"You know, she is a very nice lady. And she didn't have to send you a wedding gift. It was just a nice gesture. Don't you think so?"

"Oh, yes, I do, Mom. Very nice. We like the clock, too. It has this little snooze alarm . . ."

"Considering she's just a garden club acquaintance, I thought it was particularly sweet of her—"

Deirdre felt her mother's anger come humming through the wires like little subliminal electrical charges. Her mother was right and no question about it. Mrs. Fiorio deserved a thank-you note immediately. She hadn't even been invited to the wedding. Everyone else had, though. It now seemed like a cast of thousands who had populated St. Paul's Church and the River City Country Club, and had subsequently sent toasters, clocks, salt and pepper shakers, place mats and an espresso machine. Here they all were, still in cartons and boxes, corrugated wraps and plastic in this emptyish apartment, where paint cans, a rolled rug, unpacked suitcases, unassembled bookcases and chairs stood practically tapping their impatient feet, waiting for action.

Jeff was new at his job and had to work late to prove that he was a market research dynamo, not a newlywed clock watcher. And Deirdre was old at her job as assistant to the head of public relations for Anaco Corporation; unfortunately, the head of public relations, Edna Wallace, was leaving every day at three to visit her sick mother. Deirdre had to carry on for both of them.

"We'll try to get to it over the weekend," Deirdre said.

"Over the weekend?" her mother asked, trying for sweetness in her voice but hitting indignity instead. "Why not tonight, dear?"

Deirdre heard Jeff's key in the front door. Then she heard him set down his briefcase. That meant he would be working at home tonight, again. That meant nothing would be painted, unpacked, hung or assembled.

"Because we are very busy," Deirdre said evenly, and her mother said, "I don't think I understand why you can't dash off one little thank-you note—" and Deirdre, tired, hungry and overburdened, thought, "I don't think you *(continued on page 119)*

ADULT EDUCATION

She knew she was drawn to this man who taught her son. But could she play by the rules she thought fit his lifestyle? A love story by Karen Stacey.



The first thing Ellen noticed about him was his smile—a wedge of white in the denseness of his beard—and she blamed Brian once again for leaving her this legacy of interest in things dental, this preoccupation with crowns, porcelain jackets and periodontics. Hence, his appreciation of such a pure smile.

He introduced himself as David Kellerman, insisting she call him David (although lapsing into "Mrs. Reichardt" while they sat and exchanged amenities). He told her that Robbie was an outstanding student, and then offered as evidence a number of complicated white forms studded with X's and O's. While he talked, laboriously translating the accompanying educationese, she stole glances at his classroom. The janitor must dread this one, she thought. Plants, hamsters, a parakeet fluttering from the ceiling in a domed silver cage. Chalk dust. Boxes of unpacked books. Paper niblets all over the floor. With Mr. K. (as Robbie, and apparently all of his students, called him) neatness did not count. The walls were also littered: with crayoned pumpkins and witches, dog-eared posters, maps. Dozens of maps. They were doing a unit on cartography, he explained, noticing her drifting attention.

"Oh. Cartography," she said, embarrassed.

"Mapmaking," he said, misinterpreting her discomfiture.

"Yes, I know," she said, and then he laughed (more perfect white teeth), apologized and asked her if she would like to continue their discussion in the teacher's lounge where they could get a cup of coffee.

The lounge was so piercingly familiar—cement-block walls, tiled floor, metal-armed chairs—that she blurted out the one thing she had promised herself never to say to one of Robbie's teachers. She told David Kellerman that she herself had been a teacher once, that she had taught high school English for four years but then quit when she was pregnant with Robbie. "Actually, I was glad to quit," she added. "After four years I'd had enough of teaching."

"That's too bad," he said, handing her a Styrofoam cup of coffee and sitting down beside her on the green vinyl-cushioned couch. "I love it more now than when I started eight years ago."

Ellen sipped the bitter, scalding coffee (even that was the same, she thought). "Have you always taught second grade?" she asked.

"Always," he said, sending her an odd look over the rim of his own coffee cup. "You think that's pretty weird, don't you? No, it's all right. Most people do. Guys who teach in the elementary grades might be suspect."

"No," she said, her voice trembling suddenly, inexplicably, "I was going to say that I think it's wonderful. Children, especially little boys, need to see men in nurturing roles." She sounded like a sociology textbook, she thought with regret. She sounded patronizing. But he was nodding, and the strange look had melted from his eyes.

"It's especially good," he said quietly, "for kids who don't have fathers living at home. You know, I can always tell who they are, even before I see their records. They grab onto me as if I were Santa Claus or somebody."

After a moment Ellen asked him if Robbie did that, grabbed on, and he said yes, a little, but for the most part he was a really well-adjusted kid; she ought to be very proud of him. She said that she was but found herself explaining, nonetheless, how difficult this past year had been for Robbie with his father leaving and remarrying, and now expecting another child. "He sees Brian every other *(continued on page 97)*

Illustration by Sal Catalano

CATALOG FASHION

—:o:—

UNDER-$100 OUTFITS

JC Penney Timeless style with pulled-together jacket looks. Left: Tweed jacket ($53) and kick-pleat skirt ($19) in wool blend. With soft crepe-y blouse, pleated and ruffled ($15). Right: Red flannel blazer, piped in navy ($55), stripe-belted gray flannel pants ($19), "preppie" oxford cloth shirt ($11).

SPIEGEL Look for free-wheeling sweater dress ing. Left: Vibrant violet single-buttor sweater top ($25) over slip-on linec skirt ($25); both, lambswool blend. Right: Demure schoolgirl—classic camel cabled sweater with its own lace collar ($22) goes with a swingy pleated plaid skirt ($42).



$87

$85

$50

$64

—:o:—

CATALOG FASHION

—:o:—

IP THE PAGES OF YOUR FAVORITE CATALOG AND YOU'LL ND GOOD FASHIONS AT GOOD VALUES. BEST BUYS ARE THE LASSICS, SAMPLED HERE, IN STYLE NOW AND FOREVER. GREAT OOKS, EACH UNDER $100. BY TRUDY OWETT, FASHION EDITOR.

Sears

More for your money...Left: Performance counts—basic blazer, ($37), matching slim skirt ($14), dacron blend. mple but satin-y shirt ($16). Right: Wild and oded furry pile jacket ($65), cherry red turtleneck ($13), rugged corduroy jeans ($18).

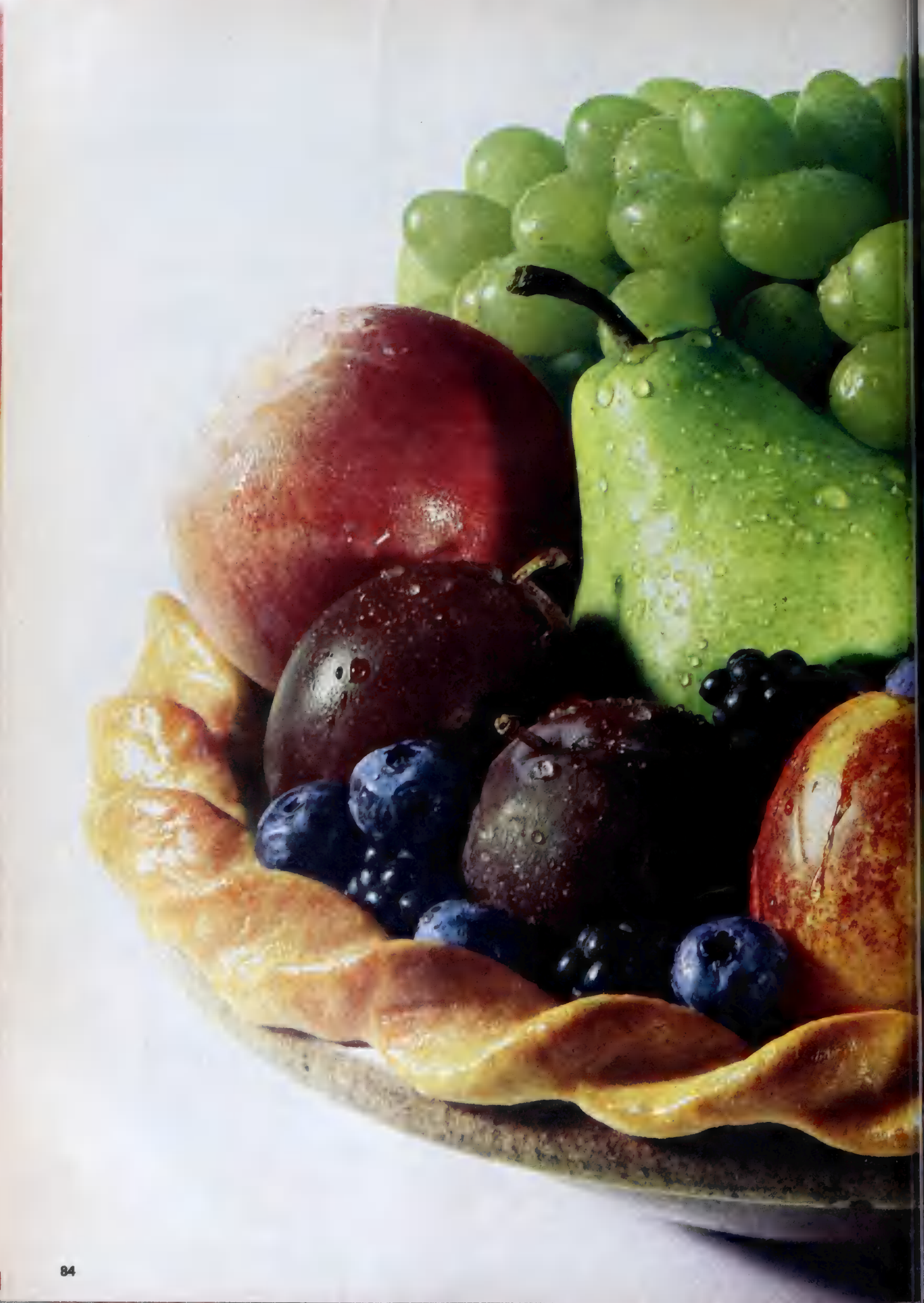
WARD

Close to the body, with ease. Left: A little wool jersey dress, V-neck and brightly sashed ($30). Center: Versatile vest/jacket for young miss, with toggle-closing, zip-off sleeves and hood ($18) in woven nylon quilting. Right: Ready-to-go pullover sweater and neatly ribbed skirt ($40); both, in a wine-colored acrylic bouclé.



Photographs by Garry Gross. Hair by Tomas Rodriguez, makeup by Martin Downey.
For information on how to order a catalog, return policies and accessory details: see page 127

—:o:—





Fruit Pies

Look at this luscious picture and translate each perfect fruit into a mouth-watering pie. M-m-m-m-m yum. Could be classic peach, plum-good, pear-streusel or old-fashioned blackberry. Or maybe grape meringue, nectarine-sour cream, tropical papaya or blueberries-and-cream. Make one, make them all—the time is ripe to take advantage of summer's glories. Eight pie recipes, plus basic crust and an incredible new workable vinegar crust, *page 86*.

Photograph by Irwin Horowitz

Fruit Pies

continued

STANDARD PIE PASTRY

Double recipe for a double crust pie.

1 cup all-purpose flour
½ teaspoon salt
⅓ cup shortening
3 to 4 tablespoons ice water

In medium bowl combine flour and salt. With pastry blender or two knives used scissor-fashion, cut in shortening until mixture resembles coarse crumbs. Sprinkle in ice water, 1 tablespoon at a time, tossing with a fork after each addition until pastry is just moist enough to hold together. Form dough into a ball; flatten slightly on floured surface. Makes one 9-inch pie shell.

For single crust pie

On lightly floured surface roll Standard Pie Pastry or one piece Vinegar Pie Pastry (this page) into an 11-inch circle. Line a 9-inch pie plate; flute edge. If recipe calls for a baked pie shell, preheat oven to 400°F. Prick bottom and side thoroughly with fork. To prevent crust from shrinking, line with foil filled with dried beans or uncooked rice. Bake for 15 minutes. Remove foil. Bake 5 minutes more, or until golden brown. Cool completely on wire rack before filling.

For double crust pie

Double recipe for Standard Pie Pastry (or 2 pieces Vinegar Pie Pastry) and form into a ball. Divide pastry into 2 pieces, one slightly larger than the other; form each into a ball.

On lightly floured surface roll larger piece into an 11-inch circle, about ⅛ inch thick. Fold pastry into quarters and place into 9-inch pie plate. Unfold and ease into pie plate. Trim overhanging edge ½ inch from rim of plate. Spoon filling into shell. Roll out remaining pastry into a 10-inch circle. Fold into quarters; cut slits so steam can escape. Place on top of filling; unfold. Fold and roll top edge under lower edge, pressing on rim to seal; flute.

For lattice top pie

Prepare pastry, roll out larger piece and line pie plate as directed for double crust pie. For lattice, roll out remaining pastry into a 9-inch circle. Cut dough into 10 strips ½ inch wide. (For pretty edge, cut with a pastry wheel.) Combine 1 egg yolk and ½ teaspoon water; brush over strips and reserve remaining mixture. Gently lift strips; weave in a lattice pattern over filling, about 1 inch apart. Trim ends even with edge of pie plate. Fold bottom crust overhang up over strips. Flute edge; brush with reserved egg yolk mixture.

VINEGAR PIE PASTRY

The indestructible pie crust: roll, re-roll, save scraps. Refrigerate or freeze.

4 cups all-purpose flour
1 tablespoon sugar
2 teaspoons salt
1¾ cups shortening
½ cup water
2 tablespoons cider vinegar
1 egg

In large bowl combine flour, sugar and salt. With pastry blender or two knives used scissor-fashion, cut in shortening until mixture resembles coarse crumbs. Combine water, vinegar and egg and beat with a fork; pour into flour mixture. Mix well until pastry holds together (dough will be sticky). Cover and chill at least 2 hours. Divide dough into 4 or 5 balls. Wrap tightly and refrigerate up to 2 weeks or freeze up to 2 months. (If f zen, thaw, wrapped, in refrigerator, abo 2 hours.) Roll out as directed for Standa Pie Pastry. Makes enough pastry for 4 5 single crust pies.

CLASSIC PEACH PIE

Pastry for double crust pie
5½ cups sliced, peeled peaches (about 2¼ lbs.)
2 teaspoons lemon juice
¾ to 1 cup sugar
¼ cup all-purpose flour
Pinch ground mace
Dash salt
2 tablespoons butter or margarine
1 egg yolk
½ teaspoon water

Line a 9-inch pie plate with pastry directed for double crust pie. Preh oven to 400°F.

In large bowl combine peaches a lemon juice; toss well. In small bo combine sugar, flour, mace and sa sprinkle over peaches; toss. Spoon in pastry-lined pie plate. Dot with butter margarine; top with pastry.

In small bowl combine egg yolk a water; mix well. Brush evenly over top pie. Bake about 55 minutes, or until juic bubbles through slits nearest the cente Cool on wire rack. Makes 8 serving about 425 calories each.

PLUM-GOOD PIE
pictured on this page

Even better with our custard sauce.

Pastry for double crust pie
5½ cups sliced, unpeeled plums (about 2½ lbs.)
2 teaspoons lemon juice
¾ to 1 cup sugar
⅓ cup all-purpose flour
¼ teaspoon cinnamon
Dash salt
2 tablespoons butter or margarine
Custard Sauce
3 egg yolks
2 tablespoons sugar
Dash salt
½ cup milk
½ teaspoon vanilla extract
½ cup heavy or whipping cream, whipped

Line a 9-inch pie plate with pastry a directed for lattice top pie. Preheat ove to 400°F.

In large bowl combine plums an lemon juice; toss well. In small bow combine sugar, flour, cinnamon and salt sprinkle over plums and toss. Spoon int pastry-lined pie plate. Dot with butter o margarine. Top with remaining pastry Brush edge with reserved egg yolk mix ture. Bake about 50 minutes, or until juice bubbles up near center of pie. Cool on wire rack. Makes 8 servings, about 440 calories each without Custard Sauce.

To prepare Custard Sauce: Combine egg yolks, sugar and salt in saucepan. Gradually stir in milk. Cook over low heat, stirring constantly, until it coats metal spoon. Remove from heat; pour into bowl. Stir in vanilla; chill. At serving, fold in whipped cream. Makes 1½ cups, about 30 calories per tablespoon. *(continued)*



Pies, clockwise: Blueberries 'n' Cream, Tropical Papaya and Plum-Good.



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Fruit Pies

continued

PEAR STREUSEL PIE

Never made a pear pie? Do! The cheese crust is dynamite.

Cheese Pastry
- 1 cup all-purpose flour
- ¼ teaspoon salt
- ⅓ cup shortening
- ½ cup (2 oz.) shredded Cheddar cheese
- 3 to 4 tablespoons ice water

Filling
- ½ cup sugar
- ¼ cup all-purpose flour
- ¼ teaspoon cinnamon
- 5½ cups sliced, peeled ripe pears (about 3 lbs.)
- 2 teaspoons lemon juice

Topping
- ¾ cup firmly packed light brown sugar
- ½ cup all-purpose flour
- ⅓ cup butter or margarine

In medium bowl combine flour and salt. With pastry blender or two knives used scissor-fashion, cut in shortening until mixture resembles coarse crumbs. Mix in cheese. Sprinkle in ice water, a tablespoon at a time, tossing with fork after each addition until pastry is just moist enough to hold together. Form dough into a ball; flatten slightly on lightly floured surface. Prepare pie shell by following directions for single crust pie. Preheat oven to 375°F.

For filling: Combine sugar, flour and cinnamon in small bowl; set aside. In large bowl toss pears and lemon juice. Sprinkle on dry ingredients and toss until well mixed. Spoon pear mixture into pie shell.

For topping: Combine brown sugar and flour in a medium bowl. Cut in butter or margarine until mixture resembles coarse crumbs. Sprinkle over pears. Bake 1 hour. Cool on wire rack. Makes 8 servings, about 445 calories each.

OLD-FASHIONED BLACKBERRY PIE

Sure you can serve this à la mode, but for a real treat, try sour cream as a topping.

- Pastry for double crust pie
- 6 cups fresh or partially thawed frozen blackberries
- 2 teaspoons lemon juice
- 1 to 1½ cups sugar
- ½ cup all-purpose flour
- 2 tablespoons butter or margarine
- 1 egg yolk
- ½ teaspoon water

Line a 9-inch pie plate with pastry as directed for double crust pie. Preheat oven to 400°F.

In large bowl combine blackberries and lemon juice; toss. In small bowl combine sugar and flour; sprinkle over blackberries and toss until well coated. Spoon into pastry-lined pie plate. Dot with butter or margarine. Top with remaining pastry.

In small bowl combine egg yolk and water. Brush evenly over top of pie. Bake about 1 hour, or until juice bubbles through slits nearest the center. If edge gets too brown, cover with foil. Cool on wire rack. Makes 8 servings, about 500 calories each.

GRAPE MERINGUE PIE

No cream pie this, but a base of Rhine wine and grape juice.

- 1 cup Rhine wine
- ⅓ cup sugar
- 2 large strips lemon peel
- 2 cups seedless green grapes
- ⅓ cup all-purpose flour
- Dash salt
- 4 egg yolks
- 1 cup white grape juice
- 1 tablespoon butter or margarine
- 1 baked 9-inch pie shell

Meringue
- 4 egg whites
- ¼ teaspoon cream of tartar
- ½ cup sugar

In saucepan combine wine, sugar and lemon peel. Cook over medium heat until it just begins to boil. *Do not boil.* Add grapes; reduce heat and simmer, uncovered, 8 to 10 minutes.

Meanwhile, in medium bowl combine flour, salt, egg yolks and grape juice; mix until smooth. Preheat oven to 400°F. Remove grapes with a slotted spoon and set aside; discard lemon peel. Gradually add some of hot liquid to egg mixture, then add yolk mixture all at once to hot

(continued)



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Fruit Pies

continued

liquid, stirring constantly with wire whisk. Cook and stir over medium-high heat until mixture comes to a full boil. Remove from heat; add butter or margarine; stir until melted. Stir custard mixture into grapes. Pour into pie shell; prepare meringue.

To prepare meringue: Beat egg whites and cream of tartar in large mixer bowl at high speed until foamy. Gradually add sugar, beating just until firm peaks form. (Be careful not to overbeat.) Spread thin layer of meringue over hot filling, sealing to edge of crust. Pile remaining meringue, swirl with back of spoon. Bake 10 to 12 minutes, or until meringue is golden brown. Cool on wire rack about 3 hours. Makes 8 servings, about 375 calories each.

NECTARINE SOUR CREAM PIE

Unusual twist for this summer fruit pie.

Pastry for double crust pie
¾ to 1 cup sugar
2 tablespoons cornstarch
½ teaspoon ground cardamom
Dash salt
½ cup sour cream
6 cups sliced, unpeeled nectarines (about 2½ lbs.)

Line a 9-inch pie plate with pastry as directed for lattice top pie. Preheat oven to 400°F.

In large bowl combine sugar, cornstarch, cardamom, salt and sour cream; mix well. Add nectarines and toss; turn into pastry-lined pie plate. Top with remaining pastry as directed. Brush edge with reserved egg yolk mixture.

Bake about 50 minutes or until juice bubbles near center. Cool on wire rack. Makes 8 servings, about 470 calories each.

TROPICAL PAPAYA PIE
pictured on page 86

Fabulous. Make sure papayas are ripe.

2 tablespoons sugar
2 tablespoons cornstarch
1 cup orange juice
¼ cup honey
1 tablespoon lemon juice
1 tablespoon butter or margarine
2 large, very ripe papayas, peeled and thinly sliced
1 baked 9-inch pie shell
Topping
1 cup heavy or whipping cream
2 tablespoons sugar
½ teaspoon vanilla extract
½ cup toasted flaked coconut

In medium saucepan combine sugar and cornstarch. Pour in orange juice, honey and lemon juice. Cook and stir over medium-high heat until mixture comes to a boil; boil ½ minute longer. Remove from heat; add butter or margarine and stir until melted. Fold in papayas; spoon into pie shell. Chill 2 hours.

For topping: Beat cream in small mixer bowl until slightly thickened. Gradually beat in sugar. Add vanilla, continue to beat just until mixture holds firm peaks. Spread evenly over top of pie. Sprinkle with toasted coconut. Refrigerate until served. Makes 8 servings, about 380 calories each.

BLUEBERRIES 'N' CREAM PIE
pictured on page 86

4 cups fresh or partially thawed frozen blueberries
1 unbaked 9-inch pastry shell
⅔ cup sugar
¼ cup all-purpose flour
½ teaspoon cinnamon
¼ teaspoon salt
½ cup heavy or whipping cream
½ cup milk
Sweetened whipped cream
Blueberries and mint leaves for garnish (optional)

Preheat oven to 400°F. Pour blueberries into pastry shell.

In small bowl combine sugar, flour, cinnamon and salt. Stir in heavy cream and milk with wire whisk; mix until smooth. Pour over berries. Bake 45 minutes. If edge begins to get too brown, cover with strips of foil. Cool on wire rack; refrigerate. Serve garnished with whipped cream. Decorate with blueberries and mint leaves, if desired. Makes 8 servings, about 415 calories each. **End**

'ood FOR THE Road

continued from page 73

Whether your road leads to the beach, ylvan meadow or a by-the-highway k, a little planning is in order. First, ll need a cooler (the choice is vast, in n design and price). If you're going to traveling awhile, pre-chill the cooler packing it with ice the day before you the road.

Make sure all food is in leakproof con-ers. Fragile foods should go into d-sided containers; plastic bags work l for other foods. Make sure that foods e served cold are well chilled before king. Same for hot foods being hot.

A large supply of beverages—both for nd out of the car—is a must. Pack ice lastic bags to keep beverages chilled to plunk into paper cups once the ic site is reached. One of our favorite the-road drinks: fruit juices served h chilled seltzer water or club soda. rkly and good. Iced tea is another cessful thirst-quencher.

Easy-to-pack and unmessy-to-eat cks always come in handy. Some of personal favorites: grapes, bananas, umber spears, oranges already peeled l sectioned, cubes of cheese, popcorn t too salty and no butter), unsalted s, granola mixtures, dry cereals. ppy picnicking!

Menu #1
pictured on page 72

COUNTRY SAVORY PICNIC

o says you can't have eggs on the run? lian bread makes a handy sandwich this creation. Slaw adds crunch; to-toes and plums are nutritious thirst enchers. And those cookies—yum!

OMELET EN CROUTE
SLAW-TO-GO
CHERRY TOMATOES
GINGER COOKIES PLUMS

OMELET EN CROUTE

omelet for four, neatly tucked into f of bread. Simply slice and serve.

oaf Italian bread, either 10-inch round or 13-inch long
cup butter or margarine
medium zucchini, grated
pound cooked, cubed ham
teaspoon basil
eggs, lightly beaten
tablespoons water
tablespoons grated Parmesan ch

t. and do

eheat oven to 400°F. With a sharp t bread in half horizontally; hollow ghtly. Spread with 2 tablespoons butt margarine. Replace top half; wrap l and heat in oven 20 minutes.

Meanwhile, melt remaining butter or argarine in a medium skillet or omelet n. Sauté zucchini, ham and basil over edium heat 5 to 7 minutes. *(continued)*

Every salad knows
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"Mmm—superior taste."
"The Shaker Top perfectly blends the delicious flavor as you shake it on."
WITH IMITATION BACON BITS



Food FOR THE Road

continued

Combine eggs with water and cheese. Pour onto zucchini mixture and cook until set, turning part of omelet when necessary. Be careful not to overcook omelet. Remove from heat. Let set one minute.

Remove bread from oven. Make omelet fit bottom half of bread; replace top half. Makes 4 servings, about 505 calories each.
For picnic: Wrap in foil, then in 4 or 5 layers of newspaper. Keeps warm up to 4 hours. Carry in basket.

SLAW-TO-GO

Green pepper halves are the containers. Clever, huh?

3 cups (about ¾ pound) grated c
1 cup (2 medium) grated carrot
¼ cup chopped onion
1 teaspoon poppy seed
3 tablespoons salad oil
2 tablespoons white vineg
2 teaspoons sugar
1 teaspoon salt
⅛ teaspoon pepper
2 green peppers, split len seeded

In a medium bowl comb
rots, onion and poppy
In small jar with tight
oil, vinegar, sugar, salt
until well combined.
Toss again, and spoon c

ake 10
ngue is
ck about 3
ut 375 calo-

REAM PIE

mer fruit pie.

mom

lectarines (about

halves. Makes 4 servings, about 150 calories each.
For picnic: Wrap each pepper with plastic wrap. Place in plastic container; cover and refrigerate. Carry in cooler.

GINGER COOKIES

Fresh ginger is really a must for these.

2 cups all-purpose flour
1½ teaspoons baking soda
1 teaspoon ground cloves
½ teaspoon salt
⅓ cup butter or margarine, softened
⅓ cup shortening
1¼ cups sugar
1 egg
2 tablespoons dark corn syrup
2 tablespoons peeled, grated fresh ginger
1 teaspoon ground cinnamon

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside.

¼ cup honey
1 tablespoon lemon juice
1 tablespoon butter or margarine
2 large, very ripe papayas, peeled and thinly sliced
1 baked 9-inch pie shell
Topping
1 cup heavy or whipping cream
2 tablespoons sugar
½ teaspoon vanilla extract
½ cup toasted flaked coconut

In medium saucepan combine sugar and cornstarch. Pour in orange juice, honey and lemon juice. Cook and stir over medium-high heat until mixture comes to a boil; boil ½ minute longer. Remove from heat; add butter or margarine and stir

cookies, about 90 calories each. *(Can made ahead. Wrap, label, date and fre up to 1 month.)*
For picnic: Place cookies in plas bags. Carry in basket.

Menu #2
pictured on page 72

DOWN HOME PICNIC

Lots of old-fashioned goodness. T muffins add an unexpected element.

FRIED DRUMSTICKS
CELERY/CARROT STICKS RADISH ROSE
MUFFINS OLÉ
APPLESAUCE-SPICE CAKE

FRIED DRUMSTICKS

What's a picnic without fried chicken?

8 chicken drumsticks (1¾ lbs.)
⅔ cup buttermilk
¾ cup all-purpose flour
1½ teaspoons salt
1 teaspoon onion powder
¼ teaspoon pepper
1 cup shortening

Put drumsticks in bowl. Pour buttermil over chicken and turn to coat each piec Marinate in refrigerator for at least a hour. Combine dry ingredients in pap or plastic bag; add drumsticks and shak until well-coated.

Meanwhile, melt shortening in heav skillet or electric frying pan over m dium-high heat. Add drumsticks and coo until lightly browned, turning frequentl Reduce heat to low, cover and cook 2 minutes, turning occasionally. Remov cover; cook over medium-high heat minutes more to crisp. Drain on pape towels; refrigerate. Makes 4 servings, 43 calories each.
For picnic: Place in plastic containe cover and refrigerate. Carry in cooler.

MUFFINS OLÉ

Cheese, corn, cornmeal, sour cream chilies—full of all sorts of good things.

1 cup yellow cornmeal
1 cup (4 oz.) grated Cheddar cheese
1 tablespoon double-acting baking powder
1 tablespoon sugar
¼ teaspoon salt
1 can (8¾ oz.) cream-style corn
1 cup sour cream
½ eggs
½ ⅓ cup salad oil
Sw tablespoons chopped green chilies
Bluebe
(optiona

oven to 400°F. Line a 12-muffin
Preheat ov paper liners. In large mixing into pastr mbine cornmeal, cheese, baking
In sm r, sugar and salt. In medium bowl namon ine remaining ingredients; add to milk ingredients and stir just until Po oistened. Spoon evenly into muffin e pans.

Bake 20 minutes, until golden brown and toothpick inserted in center comes out clean. Remove to wire racks. Makes 12 muffins, about 210 calories each.
For picnic: Place in plastic container and cover. Carry in basket.

APPLESAUCE-SPICE CAKE

favorite for picnic-time or anytime.

cups all-purpose flour
easpoon baking soda
easpoon double-acting baking powder
easpoon cinnamon
teaspoon ground allspice
teaspoon salt
up seedless raisins
cup warm water
cups sugar
cup butter or margarine, softened
ggs
cups applesauce
up chopped walnuts
osting
¼ cup butter or margarine
½ cup firmly packed brown sugar
⅓ cup milk
2 to 2½ cups sifted confectioners' sugar
alnut halves, for garnish (optional)

eheat oven to 350°F. Grease a 13×9-ch baking pan. In medium bowl com-ne first 6 ingredients; set aside. In nall bowl soak raisins in water.

In large bowl with electric mixer at edium speed cream sugar and butter or argarine. Beat until light and fluffy, raping sides of bowl occasionally. Add gs; beat well. Reduce speed to low. ld flour mixture alternately with ap-esauce, beating after each addition just ntil smooth. Stir in nuts and raisins and quid. Pour batter into pan. Bake 35 to 0 minutes or until toothpick inserted in nter comes out clean. Cool on rack.

To make frosting, melt butter or mar-arine in medium saucepan; stir in brown gar and milk. Stir over low heat until nooth. Remove from heat. Stir in con-ctioners' sugar until smooth; let cool bout 10 minutes. Spread frosting evenly er cake. Garnish with walnut halves, if esired. Makes 24 2-inch squares, about 50 calories each.

or picnic: Make cake day before. Carry ake in pan with cover.



Menu #3
pictured on page 73

SHOWCASE PICNIC

When you want to strut your stuff and do the whole number, this menu is it. Sophisticated and ever so gourmet.

ONION-CHEESE TART
SMOKED OYSTERS (CANNED) CRACKERS
MARINATED GREEN BEANS
STUFFED PEARS

ONION-CHEESE TART

A classic from France (where it's called a pissaldière), this dish stands *(continued)*

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"With bacon-flavored bits right in the dressing."
Seven Seas
ARTIFICIALLY FLAVORED
CREAMY BACON
DRESSING
WITH IMITATION BACON BITS

Food FOR THE Road

continued

alone for lunch or light supper; a grand first course as well.

2 tablespoons olive oil
1 tablespoon salad oil
4 cups chopped onions
1 cup chopped parsley
1 garlic clove, crushed
¾ teaspoon salt
Crust
1¼ cups all-purpose flour
6 tablespoons butter or margarine, cut into small pieces
1 egg, slightly beaten
1 to 2 tablespoons cold water
1 cup (4 oz.) grated Gruyère or Swiss cheese
1 tomato, peeled and sliced
3 pitted ripe olives, halved
Chopped parsley for garnish (optional)

Heat oils in large skillet. Add onions, parsley, garlic and salt and cook over low heat, stirring occasionally, until onions are soft and translucent, about 30 minutes. Remove from heat.

Crust: Preheat oven to 400°F. In medium bowl combine flour and butter or margarine with pastry blender or two knives used scissor-fashion until mixture resembles coarse crumbs. Sprinkle with egg and water, stir with fork until pastry is moist enough to hold together. Shape into a ball. On lightly floured surface roll pastry into an 11-inch circle with a lightly floured rolling pin. Line a 9-inch, removable-bottom quiche or cake pan; prick bottom and side. To keep pastry from slipping, place a round 8-inch empty cake pan on top. Bake 8 minutes; remove cake pan and bake an additional 2 minutes. Reduce oven temperature to 375°F. With slotted spoon, spoon onion mixture into partially baked crust. Sprinkle with cheese. Top with tomato slices and olives. Bake 25 minutes; cool on wire rack. Serve at room temperature, garnished with chopped parsley, if desired. Makes 4 to 6 servings, about 605 calories per 4; about 405 calories per 6.

For picnic: Refrigerate in covered plastic container. Carry in basket or cooler.

MARINATED GREEN BEANS

Cook beans just until tender-crisp; great to munch on.

2 tablespoons olive oil
2 tablespoons salad oil
2 tablespoons cider vinegar
1 tablespoon chopped parsley
1 garlic clove, crushed
½ teaspoon chervil
½ teaspoon salt
½ teaspoon Dijon mustard
1 pound whole green beans, trimmed and blanched

In medium bowl combine all ingredients, except beans. Stir until well combined. Add beans and toss. Cover and refrigerate for about 12 hours, tossing occasionally. Serve at room temperature. Makes 4 servings, 160 calories each.

For picnic: Place in plastic contain cover and refrigerate. Carry in basket cooler.

STUFFED PEARS

Softened cheese and sweet butter m an ideal filling for crisp pears.

4 ounces Gorgonzola or blue cheese, softened
2 tablespoons unsalted butter, softened
4 pears

In small bowl cream cheese and butt with wooden spoon until complet blended. Core pears carefully with sha knife or melon baller, starting at blosso end, leaving top and stem intact. Stuff tablespoons cheese mixture into ea pear. Serve at room temperature. Mak 4 servings, 250 calories each.

For picnic: Wrap in plastic wrap, refrig ate. Carry in basket or cooler.



Menu #4

NATURAL GOODNESS PICNIC

Hot soup (yep, even in the summer) is th perfect complement for this crunch salad combo served in pita bread. Th cookies—by the way—are addictive.

HOT DILLED TOMATO SOUP
SALAD-IN-A-POCKET
CHOCOLATE-NUT CHEWIES

HOT DILLED TOMATO SOUP

Fresh dill's best if you can find it.

2 tablespoons butter or margarine
1 medium onion, chopped
1 garlic clove, crushed
2 tablespoons flour
3 cups chicken broth
1 can (28 oz.) whole tomatoes, drained and chopped
½ teaspoon sugar
¼ teaspoon salt
2 tablespoons heavy cream
1 tablespoon chopped fresh dill or ½ teaspoon dried dill weed

In medium saucepan melt butter or mar garine. Add onion and garlic; sauté ove medium heat for about 3 minutes. Stir in flour and cook an additional minute. Pou in broth; heat to boiling, stirring occa sionally. Add tomatoes, sugar and salt. Return to a boil, cover, reduce heat and simmer for 20 minutes.

Remove from heat and purée in blender. Return soup to pan, add cream and dill; simmer for 5 minutes. Serve hot. Makes 4 cups, about 160 calories each.

For picnic: Pour hot soup into 1-quart insulated jug.



SALAD-IN-A-POCKET

nk everything into pita bread and nch on nutritious goodness.

ssing
½ cup salad oil
! tablespoons fresh lemon juice
! tablespoons wine vinegar
! tablespoons chopped red onion
! garlic cloves, crushed
teaspoon sweet basil
¼ teaspoon salt
¼ teaspoon sugar
¼ teaspoon oregano
Dash pepper
pound mushrooms, quartered
pound salami, sliced and cut into strips
vocado, sliced
ups spinach, trimmed, rinsed, torn into bite-size pieces
ups lettuce leaves, torn into bite-size pieces
up alfalfa sprouts
cup crumbled blue cheese
small pita loaves

small bowl combine all ingredients for ssing. Place mushrooms, salami and cado into leakproof plastic bag or plas- container; pour on dressing, toss and l or cover. Chill. Combine spinach and ttuce and place in plastic bag; seal and frigerate. Place sprouts and cheese in parate plastic bags or containers; seal d refrigerate.

assemble: Cut each pita loaf at one ge, stuff with a handful of greens. on in vegetables; sprinkle with sprouts d cheese. Serve immediately. Makes 6 ndwiches, about 470 calories each.

r picnic: Prepare marinated vegetables st before you leave. Pack marinated getables, salad greens, sprouts and eese in cooler. Carry bread in basket.

CHOCOLATE-NUT CHEWIES

ds will love these—if Mom and Dad n't eat them all up themselves.

package (6 oz.) semisweet chocolate pieces
cup butter or margarine, softened
cup sugar
egg
easpoon vanilla extract
cup all-purpose flour
teaspoon baking soda
teaspoon salt
cup finely chopped walnuts
cup quick-cooking oats, uncooked

top of double boiler over hot but not oiling water, melt chocolate pieces. Re- ove from heat, set aside.

Preheat oven to 350°F. Grease two okie sheets. In large bowl with electric ixer at medium speed, cream butter or argarine and sugar until fluffy. Beat in gg, vanilla and melted chocolate. Add our, baking soda and salt, mixing until st combined. Stir in walnuts and oats.

Roll dough into 1½-inch balls; place on okie sheets. Using flat-bottom glass, atten each to 3-inch circle. Bake 12 to 15 inutes. Remove cookies to wire rack to ol. *(Can be made ahead. Wrap, label, ite and freeze up to 1 month.)* Makes out 24 cookies, 160 calories each.

r picnic: Place cookies in plastic bags. arry in basket. **End**

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Jacket: Bcge 'dor

DULT EDUCATION

continued from page 81

kend," she said. "But of course, it's he same."

avid Kellerman studied her for a mo- t and then he said, "You're worried ut Robbie, aren't you. Don't be. As an rtial observer I can tell you he's g just fine. Better than that. The terrific."

Then at last they stood to leave, Ellen that he was only an inch or two taller she was. Brian had always loomed so , it was disconcerting—but also —looking a man in the eye.

called the following Saturday, just utes after Robbie and Brian had gone n Brian's new van to spend the week- at Brian's new house in the country his newly pregnant wife, Suzy. id said that he knew it was short ce, but would she like to have dinner h him tonight? Absurdly, Ellen ught he wanted to talk more about bie and said yes, of course, feeling ful and a bit apprehensive: What if ething had happened this past week, ething to make him change the ket certificate of adjustment he had n Robbie?

he met him at an inexpensive Italian aurant downtown and, while they ted in the bar for a table, gradually derstood that he did not intend to tinue their conference conversation, this was a date. He had asked her and she didn't even know it! How e, how thick all these years of mar- ge had turned her. Her embarrassment sed her to drink and talk more than al and, at dinner, to tell David Keller- things about the aftermath of her rriage that she had confided to no one ept her good friend, Janet Gearing.

She told him how, after Brian moved last January, she had been unable to p for more than a few hours at a time, her appetite had shriveled away to hing. How she sat up nights looking at gazines (her attention span too fickle books), devouring with her eyes pic- es of pot roasts and cherry pies, think- that surely tomorrow she would be e to get something past the straw-like ss that seemed to have lodged itself manently at the base of her throat. t in the morning she would glance at bowl of cereal or plate of scrambled gs she had struggled to prepare for rself, and immediately spoon it into sink.

She had lost 14 pounds she couldn't re and, meeting Janet for lunch one , shocked her so badly that Janet sug- sted—gently, tactfully—that Ellen see therapist, a doctor Janet herself had ited regularly after her own divorce. o surprised by Janet's concern to be offended, Ellen meekly copied down the man's name and phone number, and called for an appointment that afternoon.

Dr. O'Brien was a stocky, balding, soft-spoken man who reminded Ellen of her childhood pediatrician. She came once a week to his cozy, book-lined office, and eventually came to see that she was starving herself as punishment for "losing" Brian, reducing her physical size to mirror the painful inner smallness she felt. And eventually she began to eat again; she took up jogging; she accepted the part-time job in Janet's boutique that Janet had been urging on her for months. She made what everyone, including Brian, considered a "miraculous recovery." There was just one problem. Inside, the diminished Ellen remained: the tiny, kicked-in-the-gut Ellen whose husband had left her for a six-years-younger woman—a woman whose interest in things dental far surpassed her own, since before becoming Brian's second wife, she had been his hygienist for five years.

By the time she finished telling David Kellerman all of this, she had drunk most of the carafe of burgundy herself and eaten only one corner of her lasagna. David was kind enough not to point this out. He merely suggested they order dessert, and then walked her to the parking ramp where she had left her car.

Standing inside the cavernous, echoing ramp she said, "I'm sorry I bored you with the sad story of my divorce."

"You didn't bore me," David Kellerman said, and then, in this public place with its distant car horns and spray-painted graffiti, reached his arms around her and kissed her tenderly on the mouth.

They saw each other, at Ellen's insistence, every other weekend, when Robbie was with Brian. She didn't know how Robbie would take the news that she was "dating" his teacher. David said he understood her feelings but didn't see anything wrong with what they were doing: Their relationship certainly didn't interfere with his work or change the way he treated Robbie. "Humor me," she told him. "Just for a while."

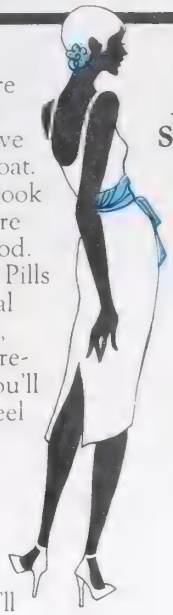
They went out to dinner, to a movie, a hockey game, a gallery reception for a photographer friend of David's. They held hands, they kissed. It was not very modern, Ellen knew. It was not enough. Yet she could manage no more: Leaping into bed with a man she had known less than two months—even a man as bright and funny and attractive as David Kellerman—was simply not in her moral vocabulary. And David did not press her. It was as if learning to live with the criticism his work often drew had taught him a broad range of tolerance for other people's quirks and frailties.

The weekend after Christmas they went to a play and then afterwards David suggested they stop by his apartment. He wanted her to see his tree; *(continued)*

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ADULT EDUCATION

continued

the kids had made the decorations.

"You have to see Robbie's angel," he said, laughing. "It has a beard and mustache, I swear it."

Ellen was silent as they walked toward the public ramp where they had both parked their cars, the ramp where they had kissed for the first time—it now seemed so long ago. "No," she said at last. "No, I don't think so."

"Hey, listen," he said, still bantering. "I'm asking you over to see my Christmas tree, not my etchings."

They had reached the entrance to the ramp and now they stepped inside, out of the spiraling snow. Ellen looked at him in the greenish glare of the overhead lights. "Are you sure about that?" she asked.

He ducked his head, snapped up the collar of his worn gray overcoat, avoided her eyes. "Maybe not," he said. "But look, Ellen, we're both adults. I mean, certainly there wouldn't be anything wrong if we decided . . ."

His words faded as an old sedan with a mashed-in fender rattled past them—it was filled with teen-aged boys who leered and laughed—then roared away.

"I think I'd better tell you something," Ellen said when the car was gone. "I've never made love with anyone but Brian." I'm not that kind of a girl, she thought mockingly, dismally.

David was looking at her with the same stunned expression Janet Gearing had worn at lunch last year. "Not even before you were married?" he asked.

"Not even before I was married."

"I see."

"You think that's pretty strange, don't you."

"No, not at all. I think it's very . . . commendable."

"Commendable?" she said. "What kind of word is that?"

He took her arm and began to lead her to her car. "A teacher's word," he said with something that sounded like a sigh.

He did not phone her that week. Did not phone for several weeks. Ellen knew that he had not been taken ill or called out of town because every night at dinner Robbie lovingly replayed for her every remark, every gesture that Mr. K. had made that day. The boy has a crush, she often thought—and wished that she had not kept her relationship with David secret from Robbie, had not treated it as something that had to be guarded or hidden. And sometimes, after Robbie had gone to bed and she was alone with a novel and a cup of tea, she wished that she had not refused to go to David's apartment that night after Christmas. After all, he was right, wasn't he? They were both adults. What would have been wrong if they had decided . . . to sleep together. That was what he'd been about to say, wasn't it?

And what would have been wrong?

She didn't know. All she knew was that she was not cut out for affairs, for casual sex. She believed in permanence, in commitment—yes, even in marriage. All the things people liked to pretend had gone out of fashion but which, like the classic woolens and silks the boutique featured, had only become increasingly dear as time went by.

And what did David believe in? David, with his carefree, serene existence. David, who at 32 had never been married. Whose ex-lovers (he said) were now some of his best friends. Obviously, his outlook was not so narrow, so Victorian. Obviously. Or he would have called.

She felt like a teen-ager who had not kissed or petted—"put out"—when she was expected to. She felt ridiculously rejected. And . . . she missed David. A certain aimlessness had crept back into her life since she stopped seeing him. Now she spent the weekends Robbie spent with Brian and Suzy wandering about the house or watching anything the television set offered—even those dreadful, mindless programs where trucks and cars and motorcycles seemed to be the real heroes.

Yes, she *missed* David. Did that mean, then, that she cared for him? What a timid, antiseptic word, she thought. Care. Why was she afraid to use something stronger? Something with blood and sinew? But she didn't need a therapist to answer that one. She was afraid to consider a gutsier word because, for her, love equaled betrayal equaled desertion.

Well, it didn't matter, in any case. She had scared him off with her archaic tude toward sex, toward life. He probably cheerfully involved with s one else. Someone more like himsel

"You look terrible," Janet remarke day when they were working in the tique's back room. "You aren't slee again, are you."

"I'm fine, just fine."

"And you've lost weight."

Ellen looked up from the carto light, slippery summer dresses she unpacking. "I thought a woman c never be too thin or too rich."

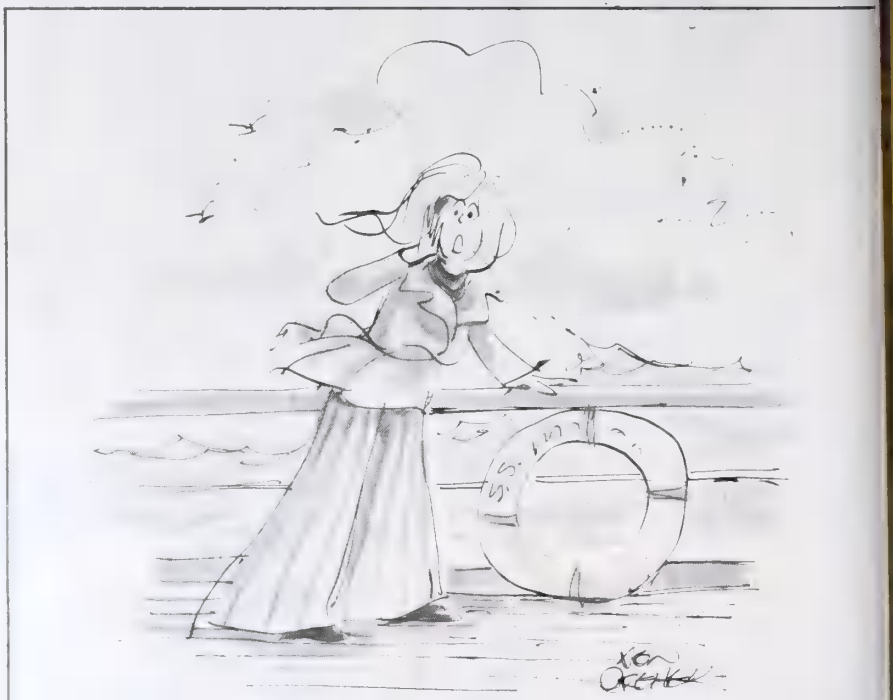
"Maybe not too rich." Janet sho pencil behind her ear—a mannerism claimed to have borrowed from Rosalind Russell movies. "Okay," said. "What's he done now?"

"Who?" Knowing perfectly well.

"Brian, of course."

"Nothing." And it was true. He done nothing but pick Robbie up drop him off. The words they trade these occasions were polished, opaque. Semi-precious stones. "L Janet, I said I was fine and I am. N where's the steamer so I can get t little beauties out on the racks?"

The day before Easter, Ellen lea that Suzy's baby had been born—a she had named, with characteristic la imagination, April. Brian told her a it when he came to get Robbie. sounded proud and relieved—the b had been premature; there had b complications; they had almost had perform a cesarean—and his face, al so carefully composed and expressionl creased and flexed as he talked. He happy, she realized with a sudden s in the area of her heart. He (continu



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ADULT EDUCATION

continued

had a family now. A life separate from hers. He was gone for good.

Alone in the silent, hollow house she cleaned, did two loads of laundry, and then at five o'clock took a shower and changed her clothes. Then she poured herself a glass of white wine and looked up David Kellerman's number in her phone book. No answer. She called again at seven and seven-thirty. At eight, nine. At ten he answered, but the sound of his voice—expectant, warm as if only a good friend could be waiting at the other end of the line—made her freeze, and she replaced the receiver without a word.

In May Robbie brought home a notice asking her to choose between a teacher's conference and a written report card. Ellen considered the innocuous mimeographed form for a long time, and then finally checked the square after "conference."

The first thing she noticed was that he had shaved. The change was unsettling: Who was this square-jawed stranger? But then he smiled—that damn perfect smile, she thought—and so was made instantly familiar once again.

"You look great," he said.

"Thank you." She had worked all afternoon for this compliment. "So do you. You shaved your beard."

He rubbed his naked jaw. Without a beard he seemed younger, less sure of himself. "I do it every spring," he said. "And then in the fall I let it grow again. It's kind of a ritual." He looked self-conscious suddenly, began rattling the papers on his desk. He coughed, then suggested they get down to business. She said fine, how had Robbie done this quarter? Great, he said. Fantastic. And trotted out the X's and O's once more. "So as you can see," he said finally, shifting on his chair, "he's had a very good year."

"Yes, so I see." His uneasiness was contagious. Her hands had become ten separate objects; her hair had taken on a life of its own and kept slipping across one eye. It was an effort to enlist a few fingers to push it back.

"Well . . ." David said, and started to stand up.

Panic flowered in her chest. Overhead the caged parakeet set up a brief, harsh racket. She could not let it end here. This way. She had to say something. "David," she said, "do you have another conference now?"

"No. You're my last one for today."

"Well, could we talk for a minute?"

He settled back in his chair but did not relax; she could see the tension in his neck. "Sure. What about?"

"Not about Robbie. He's going to be fine. I know that now. And a lot of it is because of you. You were just wha needed this year."

David said nothing. He was wat her, his eyes flicking lightly over her

"I want to talk about you and me, said, the words emerging high and eign-sounding, with the same des tion as the parakeet noises a mo before. "About what happened this ter. That night. . .

"Oh, Ellie," he said sadly. He never called her Ellie before. No one ever called her Ellie before. "I know if I can explain it."

"Try," she said, aware of the scrib blackboard to his right and the struction-paper Indians and te tacked up behind his head, of the inappropriateness of these surround for this conversation. "Please. Try."

He rubbed his bald chin again, then his eyes. "Oh, Ellie, Ellie . . ." blinked at her. "You got to me," he "It's as simple as that. You made me you seriously. You made me take *me* riously. Look, I'm used to women know the rules, who don't play for ke But there you were, telling me that t had only been one man in your life— husband. Do you know how that m me feel?"

She said that she didn't, although knew the answer. Yes, she knew.

"It made me feel second-rate," he s

Ellen stared at him. He had mis the script, blown his lines. "Scar That was what he was supposed to sa

"I mean," he went on, "I felt that didn't think I was good enough, th wasn't as good as Brian. He would alw be first with you and, well, you can ca male ego, call it whatever you want, b couldn't handle that."

"But that wasn't it at all," she quickly, all self-consciousness gone dissolved. "I think you're a wonde man. I really enjoyed myself when I with you. No, it was more than tha was at ease with you. I was myself. A thought that what was happening tween us—beginning to happen—was important, too good to spoil with a night stand."

"A one-night stand," he echoed, credulous. "How could you think that all I wanted from you?"

"I don't know," she said. "I gues didn't—"

Outside on the playground an af school day-care group was playing bas ball. Suddenly the ball bounded a from one of them and clattered aga the window of David's room. The who rushed over to retrieve it pee quickly through the plate glass and, cognizing Mr. K., grinned and waved fore scampering away.

Slowly David turned back to Ellen, face still soft with the smile he had gi the boy. "Ellie," he said, "let's get so coffee. I think we need to talk."

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Product may not be available in all areas ©Kimberly-Clark 1980

You and Your Money

How to identify classic work-at-home gyps; fine art as investment; there's still time for autumn college admission.
By Sylvia Porter

My husband and I are finding it tougher and tougher to get by on his single paycheck. We're quarreling about money, and I must find ways to add to our income.

Yesterday, I received a letter asking me if I wanted to test at my home consumer products that the firm would send me, and saying I'd be paid up to $10 for each opinion I submitted. I could keep the products, too. All I'd have to send was a $15 good-faith deposit for the first product. It sounds like an answer to my prayers. Is it too good to be true?

It is, in fact, a classic work-at-home gyp. The "good faith" deposit is non-refundable. The products are of little or no value. The "up to $10" hedge means you'll probably get next to nothing for your time. Legitimate market research companies do not operate this way and do not require "good faith" deposits or registration fees.

There are many bona fide work-at-home operations, but the racketeering fringe is wide and broad. Beware these earmarks of a fraudulent scheme:

1. Up-front money, as little as $5, perhaps. The excuse may be "instructions." Never pay up-front money.
2. Ads that imply that you are being offered employment at home, when, in actuality, the advertiser is selling something to you, not hiring you.
3. A promise of big profits or hefty part-time earnings (an impossibility for work of this sort).
4. Vague "testimonials" to the deal's value.
5. A requirement that you buy expensive instructions and/or equipment, even before the promoter has given you any details of the deal.

Among the "earn money at home" swindles that go on year after year, no matter how many warnings, are: envelope-stuffing; addressing postcards; doing piecework at home (assembling fish lures, artificial flowers or line-sewing jeans), with materials, equipment and essential costly instructions all bought from the promoter; clipping mentions of individuals and companies from local newspapers that you must buy and by paid-for instructions from the promoter; "farming" in your basement, for, say, worms, to be sold by the promoters.

If you still are unpersuaded, check any scheme that lures you with your local Better Business Bureau, the nearest office of the U.S. Postal Inspection Service, or Federal Trade Commission.

Is it true that you can buy fine art pieces at some of the world's greatest galleries for just a few hundred dollars? That would put collecting within our price range, something both my husband and I yearn to do.

Yes, it is true. Few Americans realize it, but an overwhelming majority of items sold by Sotheby Parke Bernet, Inc., the world's largest auction house (84 percent), go for less than $1,000. In this price category, for instance, you can buy prints by such masters as Picasso and Chagall. Approach unknown sources of "works of art" with utmost caution. Never liquidate sound investment mediums to buy "fine art."

How much does Medicare's optional Part B, the part that covers doctor bills and some outpatient medical expenses, now cost?

The monthly premium is now $9.60 for Part B, paid by approximately 28 million persons today. On July 1 of this year, this premium rose 90¢. The increase was mandatory under the law and is related to increases in the cost of the program. There is no premium charge for Part A, which covers stays in hospitals.

After being turned down by all of the four colleges I applied to early this year, I decided not to go to college. I've been working in an office ever since. I've changed my mind and want terribly to go to college this fall. Is there is any chance at all of getting in?

You have plenty of chances, even at this very late date. Space is still available at colleges and universities from coast to coast—below the top rank, yes, but good schools nevertheless. Immediately put in your applications. Better still, write directly to the admissions directors of several colleges who may even waive entrance exams at this date, if your grades are at least average. Look hard at two- and four-year institutions in your area, which you can investigate in person to seek admission. Ask your high school guidance counselor for assistance on what options remain.

My husband asked me to sign his application for an airline credit card because I had established an excellent credit record in my maiden name and he was only beginning. He used the card only for business trips and never showed me the bills. His company was terribly slow in reimbursing his expenses, so he in turn was slow in paying what he owed. Now our local credit bureau has blackened my record as well as his with a note of "delinquency." What can I do?

Immediately inform your credit bureau about your innocence, and ask for a correction of the "delinquency" note against your own name. Inform the credit bureau about your record before marriage and ask the bureau to make sure that when a creditor requests a report about you in your married name, he is informed about your history of on-time payments before your marriage.

Our son is being married this summer in Hawaii. We can't afford the trip, so we're sending the two of them a precious set of dishes that has been in my husband's family for generations. Of course, we're registering the package, but since the dishes are fully insured by our insurance company, how do we value the package for registration fees?

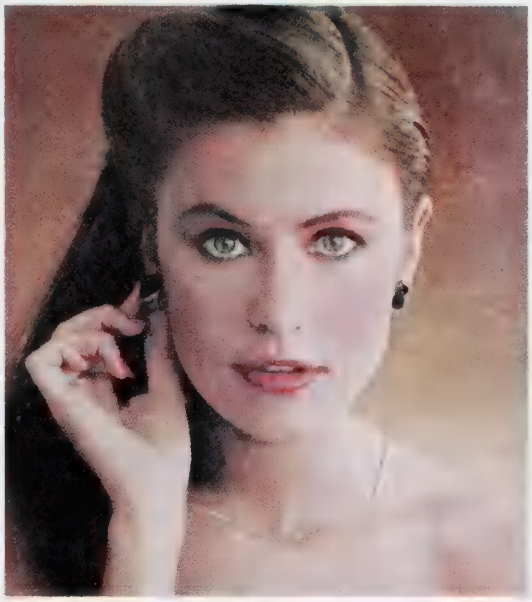
You must declare the full value of the dishes and pay all the required fees, warns the U.S. Postal Service. If you declare less than the package's full value to cut cost, you violate postal regulations. If the package is lost in transit, your claim of indemnity may be disallowed. The Postal Service says it doesn't matter whether the dishes are privately insured. **End**

The day takes a lot of vitamins out of you...









Mega-Vitamins puts them back.

It happens. Every day. You lose some of the most important vitamins in your body. Like vitamin C and the B complex vitamins.

These are the vitamins your body doesn't store, and they should be replaced every day.

Mega-Vitamins does just that. You take one tablet each day, and you get really potent amounts of these vitamins.

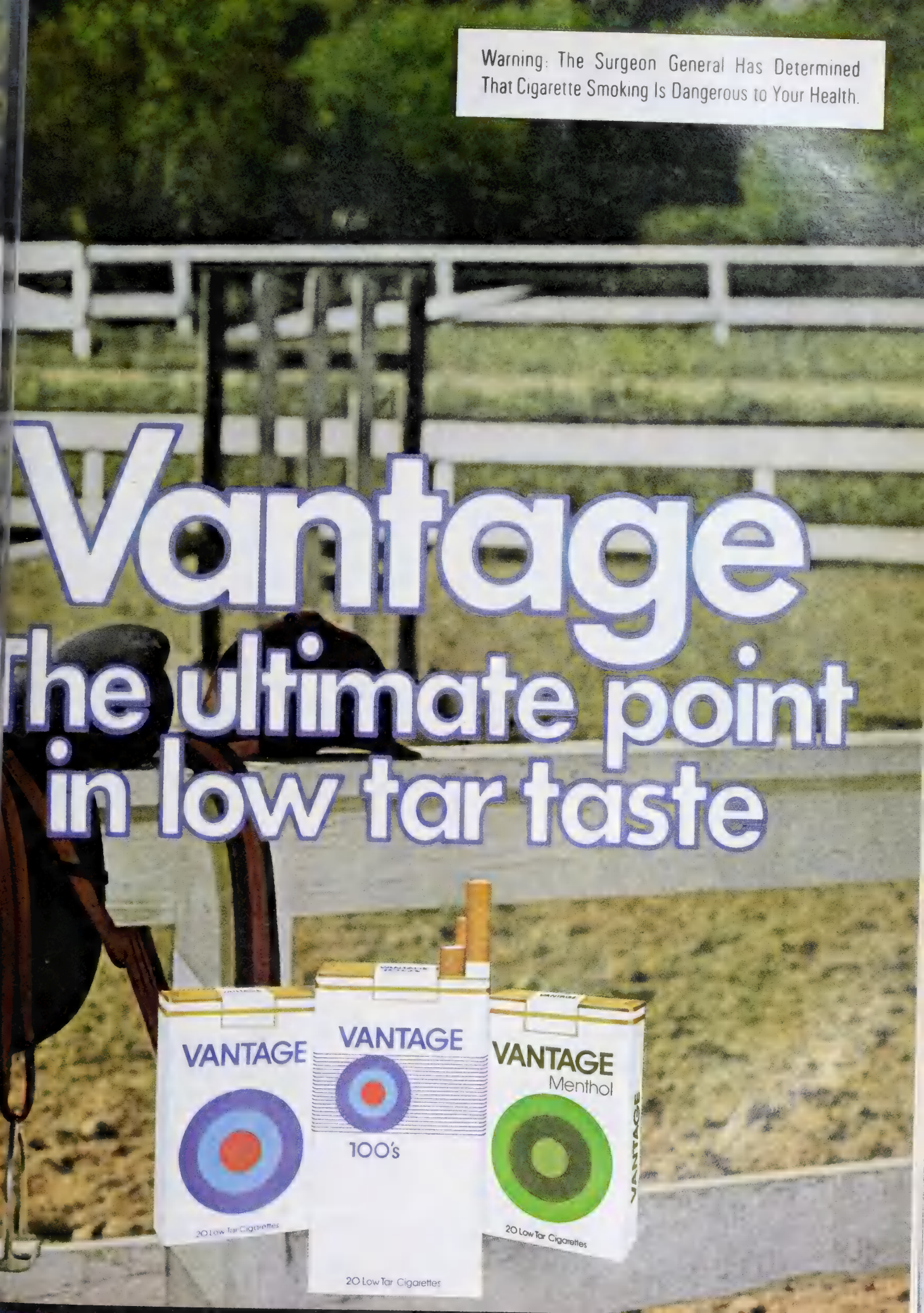


In fact, you get five times the ordinary supplement level of the B vitamins, and double the vitamin C. And you get all the iron of regular Geritol.

Put back the vitamins the day takes away, with Mega-Vitamins. It's from Geritol, so you know it's potent.



FILTER: 9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method; MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, FILTER 100's: 12 mg. "tar", 0.9 mg. nicotine, av. per cigarette, FTC Report DEC. '79.


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
Vantage
The ultimate point in low tar taste
VANTAGE
20 Low Tar Cigarettes
VANTAGE
100's
20 Low Tar Cigarettes
VANTAGE
Menthol
20 Low Tar Cigarettes
VANTAGE



Beauty Journal

Summer as a way of life —swim curls, skin woes, plus crisp tips on staying cool.

BUMPS, BITES, BUBBLES

Summer—just the time when you want your skin to be silkiest—things happen. Anything from prickly heat to poison ivy can spoil a weekend in the country, at the shore. Here are a rash of problems that can pop up, ways to prevent them and what to do in any event. • *Prickly Heat.* An irritation of red, itchy bumps; result of stressed sweat glands. Avoid becoming overheated. If you do, take a cool bath; try to stay in an air-conditioned room; quiet down. • *Poison Ivy.* Not everyone is allergic to the plant, says Dr. Stephen H. Mandy, Assoc. Clinical Prof. of Dermatology at U. of Miami Medical School. Play it safe by avoiding three-leaved shiny vegetation. Mild reaction: hydrocortisone ointment (over-the-counter) will soothe. If discomfort is unbearable, consult physician. • *Insect Bites.* One theory is that people may become immune to local insects but get bitten when in different locales. Beware after rain, near high grass, still water. Skip any perfumed pr ucts (attracts insects). Use insect repelle (Cutter, Deep Woods Off!); in a han spray, towelettes or the strongest, lotion. hives develop, use antihistamines. • *Stings* (wasps, yellow jackets). Painf sometimes dangerous. Local swelling is normal. For reli place tourniquet above sting or apply ice directly. With hon bee sting **only**, quickly scrape with fingernail to remo stinger (squeezing injects more venom). If facial swelling shortness of breath occurs, seek immediate medical help. series of allergy shots may be needed to desensitize. Bees e are attracted by food, fragrance, floppy or bright clothin Stay calm. • *Sun.* It's possible to get exaggerated sunburn blotches if you're taking medication (tetracycline, diureti tranquilizers, blood pressure or birth control pills). • S *Rash.* A form of prickly heat, common on chest area. Keep off skin; stay out of sun during peak hours (12-2).

CAP OF CURLS



Some lucky people can dive into a deep pool and surface looking like a sleek seal. Others, not so lucky, emerge looking more like a drowned rat. If you fall into the latter group, consider getting a swim-in wig. It's certainly more of a lark than any plain white bathing cap—more carefree. Even when you get out of the water, there's no need to fix your hair after each and every dip. Another plus . . . you can zip from the pool directly to a party or dinner—without a hair out of place. Have fun with a choice of curls (from fluffy to corkscrew) in a range of 17 colors. Designed by Andre Douglas, $30-35 each.

CUCUMBER COOLERS

"Cool as a cucumber" is more than a catchy phrase . . . factual. In actual tests (on hot-hot days), the pulp temperatu of a cucumber stays about 20 degrees cooler than the outsi air. That's why it's an age-old beauty trick to use slices of cu as a refreshing facial. Here're more tips on staying crisp a cool . . . • On muggy nights, sprinkle talcum powder l tween the sheets . . . for slithery comfort, fragrant scen • Chill a favorite after-bath splash or toilet wat • Remember that billowy skirts are often cooler than pan • Wear hair up . . . so the breeze can flicker around yo neck. • Put mineral (or tap) water in an atomizer. Spr backs of knees, face, neck to cool off fast. • After a wa bath, skip towel-drying. Lie still ten minutes, let the wat evaporate from your body. • Wear a big-brimmed straw h to shade your face instead of sunglasses. • Cut down "serious" summer drinking. Alcohol increases body temper ture, making you *feel* flushed, warmer.

HOT FINDS

A sampling of things you need/want/can't resist when summer's in full swing . . . • Breath of fresh air. Small touch, a sachet to sprinkle in your chest of drawers, pretty paper for lining. Country Breeze Drawer Lining Paper and Powder Sachet, from Avon, $8.50. • Serious skin protection. A new skin-care line called Moisture Whip includes cream or lotion moisturizer ($3 each) with Padimate O (works against premature aging, wrinkling), plus a cleanser/makeup remover ($2.75); from Maybelline. • One-handed action. A new lipstick case slides out creamy color with the flick of a finger. Long-lasting shades (24); Jōvan Flipsticks, $3 each. • Color your hair—keep it healthy, too. Now, a conditioner that lasts through 4 shampoos (minimum) comes with Clairol's Nice'n Easy, hair coloring kit, approximately $2.60. • Too busy? Simplify your makeup choices with a coordinated color system based on skin tones; blushers, eyes, lips. The Collage Collection by Bonne Bell.

EXERCISE OF THE MONTH

Q. *Can you suggest a good cool-down exercise? I alwa warm up before jogging, but now that it's hot, I'd like to something to help cool off.—M.A., Madison, Ga*

A. You should be cooling down after exerc ing, no matter what the weath This one's good to slow yo body down. Sit on flo or grass; knees be hands behind yo Arch back, stretchi your neck (as show Then, lean forwar round back, pull bo forward with ar (hands below knee Do smoothly, slowl repeat 10 times.





Border by Julia Noonan. Drawings by Thea Kli


Six hours of
raining in all
kinds of weather
can be a drying
experience."
So I use Vaseline
ntensive Care Lotion
o make my skin
eel soft and
smooth again."
"Whether I'm out for a quick jog,
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ny roughest opposition comes from
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makes my skin feel terrific again."
Make Vaseline Intensive Care
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Let the healing begin
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Julie Brown
Julie Brown
AAU Track and Field
long-distance champion
Fresh
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Put our Triscuit® Wafers together with our Swiss Cheese snack crackers for a crunchy swiss cheese and wheat treat!

TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!

Annabel Christiansen of Orange Park, Florida, and family will spend six weeks this summer traveling up the Coast and into Canada. "We will share a family experience will become a memory for the rest of our lives," she wr then asked, "Isn't that what having fun as a family is all abou

Is it? We weren't sure; the letters talked about the makin memories, about roots and traditions and the importance members of the family enjoying each other. They do this b it seems, in those concentrated bursts of time and energy wh the family goes away together, when the threads of routine temporarily broken and they are, as a unit, isolated by the v act of moving into a different territory.

Research confirmed that three-quarters of all American fa ilies take trips, mostly by car; the majority of those trips fewer than four days and with fuel shortages are closer to ho than was once the case. We talked for long hours to families every part of the country. They told us about popping corn the fireplace, about picnicking and county fairs and bicycli but inevitably they came around to vacations.

We began, then, to comprehend what readers had be trying to tell us: Vacations play a vital role in American fam life. Playwright Arthur Miller writes of the human struggle find the safety, the surroundings of love, the ease of soul, t sense of identity and honor, which evidently all men ha connected in their memories with the idea of family." We ca to think that journeys together were, in some way, part of t search for the *idea of family*. Others, we soon learned, alrea had made that discovery.

SAN FRANCISCO. For four years when their children we very young, psychiatrist Nancy Kaltrider and her physici husband, Ben, took them—every weekend and every holiday to the family's cabin on the coast, a trip that meant seve hours of driving each way. Now that their youngsters are t and 12 they go less often, usually every other weekend.

Families Together

continued from page 68

but the friendly way they had of talking to each other. It occurred to her that while they might be teen-agers back home, tuned into *Saturday Night Live* and all the social complications of high school, out here they could be just kids playing at the edge of a stream.

Truman returned, whooping by way of hello. No other campers came that day; it was as if they were alone in the wilderness park, the four of them, with only the blue New Mexico sky above them and the faint, dry smell of piñon pine in the air. They spent the afternoon adventuring—exploring, climbing into the prehistoric cliff dwellings of the Pueblo Indians who once lived in Bandelier, getting tired and dusty. They watched the sun set on the Sangre de Cristo Mountains; they built a fire; they ate; the kids toasted marshmallows; the smell of smoke and pine and the out-of-doors permeated everything. That night, Truman and Sandy lingered over a cup of coffee before climbing into their sleeping bags. Sandy lay awake, enjoying the luxury of being purely physically tired, listening to the sleep-breathing of her children, a steady rhythm superimposed on the murmur of the wind in the trees, and she remembered what it was that was so easy to forget at home: *They were complete, a family; the four of them belonged together.*

The common goal

Susan Yourd of Kensington, California, says of her family of five, "We act better toward each other when we're on vacation. We're working toward a common goal. Having fun, having a good time, is when everybody is interested in what we're doing and content with each other."



Put our Chicken in a Biskit™ crackers together with our Bacon Thins for a crisp bacon and chicken combination!

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TWO NABISCO SNACK CRAC[illegible]CTIVE SH[illegible]
TASTE EVEN BETTER THA[illegible]

when on vacation, used the old Musketeer slogan, "one for all and all for one." In fact, it invokes just the right mix of fun and adventure, excitement and camaraderie and, perhaps most of all, loyalty.

Many women spoke of the kind of gentle, pervasive fun that makes one draw back and think, "I've never been happier than I am at this moment." One person pointed out the difference between that kind of fun and the spontaneous, free-for-all action that happens too fast to think about, until later.

And danger—or the illusion of it—is often a component of fun. One theory has it that the safer our lives become, the more some of us need to court danger. It explains the lure of roller coasters and rafting down white water rivers, racing cars and taking four-wheel-drive vehicles into the back country.

Most families who camp have at least one scary story to tell. For Truman and Sandy Johnson and their kids, it happened when they took their jeep on an old mining road in the mountains near Silverton, Colorado—Black Bear Road—the very same Black Bear that C.W. McCall sings about. It is every bit as frightening as the song says it is, the Johnsons learned—one way all the way, so there's no turning back, and you pray constantly that you don't meet anybody coming the other way because there is no place to turn around. As you drive it, bits of the road crumble and drop off down the mountainside, a few inches from your right front wheel, so you don't dare take a deep breath, you are so scared. You wouldn't do it again for anything, but it surely is something to talk about once you're safely down off that mountain.

Spirits soar

There are no statistics on the *quality* of vacations, but there are plenty that offer a glimpse of where people go and what they do when they get there. In sheer numbers, the biggest [illegible] park, places like Disney World and [illegible] away; [illegible] (c

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EW ORLEANS. Dotty Nathan an
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"I know what I'd do," nine-year-o
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der if we are doing our children a disservice by sustaining an image of family life that probably is not going to be possible for them—where the happy family is one where Mother stays home and bakes bread while Father earns the living."

Dr. Kermit Wiltse of the University of California's Department of Social Welfare agrees. "There is a nostalgia today," he says, "for something that no longer exists—an idea of family that is grounded in the history of this country, because that kind of family was highly functional to pioneer existence and to the way of life of the early industrial revolution." Today, he says flatly, that family is an anachronism. It doesn't work because most couples need two incomes if they are to buy a home and rear a family, and because more couples are divorcing, more children are raised in one-parent homes.

In fact, fewer than ten percent of today's families fit the traditional mold. Only seven percent of married women with children stay home full time. Only 15 percent of husbands are the sole breadwinners. Only 15 percent of households have a father working, a mother at home and children under 18. Only 15 percent of households have a father working, a mother at home and children under 18.

Those vacations continue to be spent a the same place—the University of Califo nia's Alumni camp in the mountains nea Pine Crest, where three can spend week, with all meals provided, for abou $200. "In the last three years," Barbar Payne says, "I've noticed the camp roste has a growing number of single parent and their children. It's a safe environ ment, I can go to the lodge and have th company of other adults and know th girls are secure in our tent."

LOUISVILLE, KENTUCKY. The ques tion was put to Edna Gaghen gently o the eve of her 80th birthday: When, in al your life, were you happiest? "The bes times," she answered without hesitation "were when my children were at home when the family was together."

Home was a Mississippi River town i southern Illinois; now her five children have scattered to as many states—New Jersey, Kentucky, Texas, Montana and California.

What those children remember most vividly about growing up in the 1940s and 50s were the trips to their grandparents' farm—a place where everybody within miles was kin. The second son, Harry Gaghen, a college teacher in Billings, Montana, speaks of those summer trips as "pilgrimages."

"I think of sleeping in an uncle's house, which had a tin roof. One of those terrific summer storms would come up, and to this day I can't hear the sound of rain on a roof without getting goose bumps. I think about picking blackberries and holding the milk bucket for the young calves, then dipping your hand into the milk and letting the calf lick it clean. I think about Uncle Abe and Aunt Phene and the country church on the hill. It was a whole sense of family—not just Mom and Dad and my *(continued)*

Families Together

continued

Eighty million people, most in family groups, tour the 26 major theme parks each year. At Di...

Your personal
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I Wone ...ISCO SNACK CRACKERS
TASTE EVEN BETTER THAN ONE!
NABISCO
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Families Together

continued from page 68

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Should you use a soap made for sensitive skin?

(Even if yours isn't)

Maybe you don't have problems with your skin very often. Then why should you even think about using a soap specifically formulated for sensitive skin?

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Families Together

continued

brothers and sisters, but all the cousins and the feeling of belonging, security; knowing you had a place in that world."

That world has faded with the demise of the family farm, with the scattering of families. Old memories tangle with the new; we regret that our children cannot know what we once knew. And yet, today's children have access to wonders their parents could not have imagined. Last summer Harry Gaghen and his ten-year-old son, Matthew, joined a small group of other fathers and sons for a canoe trip deep into Quetico Provincial Park in Ontario, Canada, near the border of Minnesota, a pristine land of lakes and deep woods where motors are forbidden, a territory that would provide an adventure into the unknown. It was not difficult for the father and son to imagine what it must have been like for the fur trappers who came well over a century before, slipping their canoes as silently over the waters, listening to the same haunting cry of the loon as they lay in their blankets at night. When they returned after 13 days in Minnesota, Matthew would be able to imitate the ululation of the loon for his mother and sisters.

Families on the road

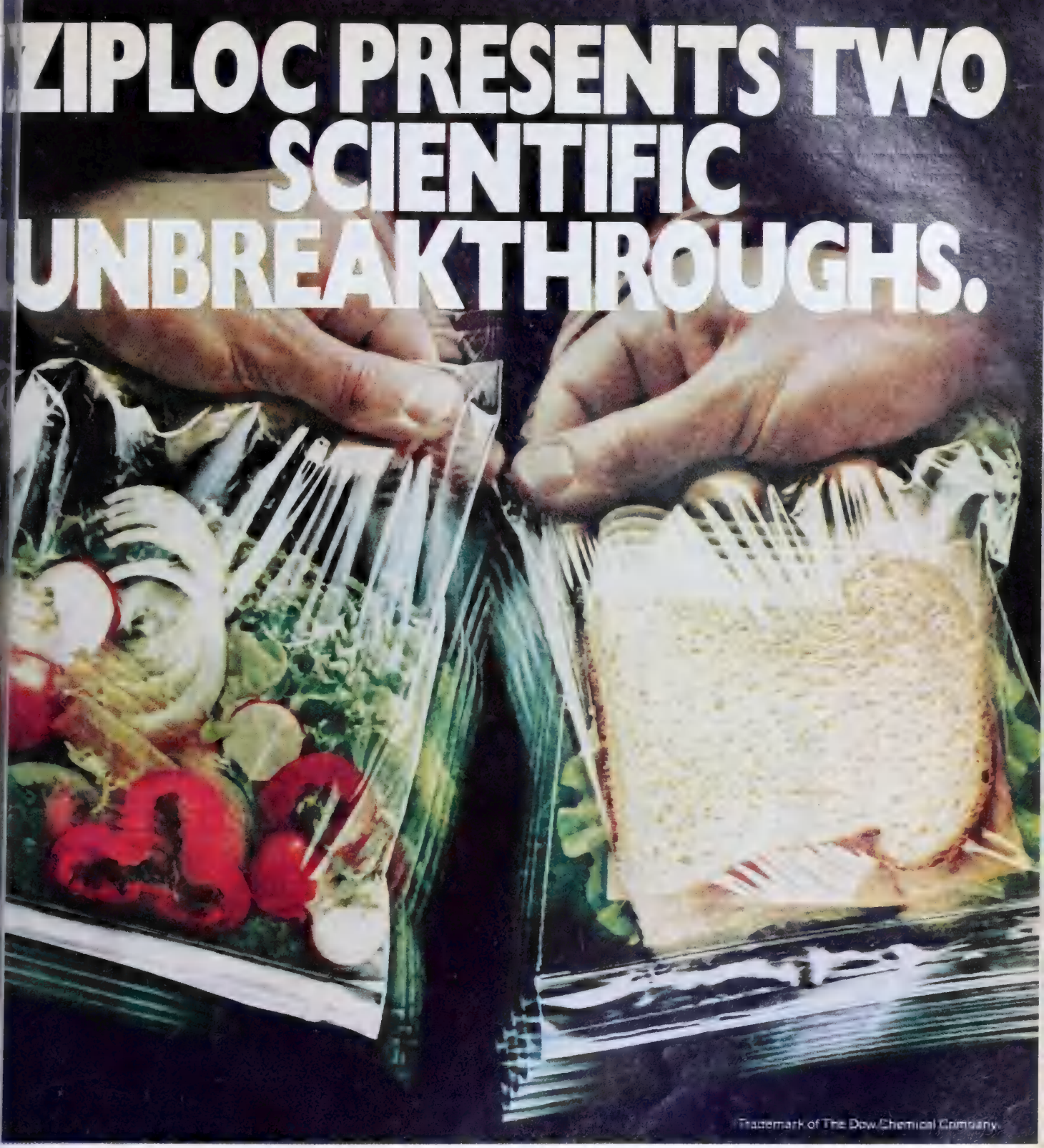
"The national highway acts of the 50s and 60s probably had a more profound influence on family life than anything the federal government ever did," says U.C.'s Dr. Wiltse. "The government built magnificent freeways all over the country. It stimulated the psychology of being able to move, to get out of your environment."

With the roads came those who wanted to camp; with the campers came new campsites. The system of national parks and forests was more available; for a great many families, the combination made it possible to see sights they would not have attempted a decade before.

Camping became the rage and for good reason: It was the only way that four or five could go almost as cheaply as one. For a population that is increasingly city-bound, it is the best way to breathe piney air, get honestly dirty and have a good time away from the distractions of telephone and television. For some families, camping became a way of life.

BASKING RIDGE, NEW JERSEY. The Hawke family started their camping odyssey inauspiciously enough. Mellicent and her daughter, Tracy, went on tent-camping outings with the Girl Scouts, and they thought it might be something the whole family would enjoy. Bill Hawke and son Chris agreed to give it a try, so one weekend in May they rented a tent camper and set off for a site *(continued)*

ZIPLOC PRESENTS TWO SCIENTIFIC UNBREAKTHROUGHS.



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ZIPLOC STORAGE & SANDWICH BAGS

Families Together

continued

in Pennsylvania, planning to arrive well before dark. But they lost their way on the back country roads, arrived long after nightfall with both children asleep, in a pouring rain. Next morning, two inches of snow was on the ground. Their reaction: "If we can survive this, we are going to enjoy camping." So they bought a second-hand camper, which served them until Tracy left for college.

In it they explored the East Coast, spending one Fourth of July at the Bay of Fundy in Nova Scotia, "waking to frost on the ground and the wonderful smell of balsam in the air." The next Fourth found them in Florida, where they cooked supper on the beach, and late that night were treated to nature's own fireworks—a magnificent electrical storm at sea.

They became active birdwatchers and beachcombers, collectors of driftwood and seashells and "good things" like the lobster pot they found one year, washed up on a beach. They explored the Blue Ridge Mountains and camped on an Indian reservation of the St. Lawrence, and they went maple sugaring on a friend's farm in New Hampshire, camping by the barn. "When you have a camper," Mellicent explains, "you aren't so reticent about accepting invitations because you know you really won't be any trouble."

And somewhere along the way camping, which began as a family pastime, became part of the way their family worked, part of the pattern in the fabric of their lives—a pattern that would be repeated, in variations, in the lives of their children. Tracy, now in medical school, prefers backpacking to reach the most inaccessible wilderness places. When son Chris, in the Coast Guard, drove across country he camped.

Discovery trips

Vacations seem to come in two variations: One is when a family seeks utter relaxation, a peaceful respite. Often it involves a cabin in the mountains or a house by the sea, a place where nothing is of greater moment than deciding what to have for supper. The motive, more often than not, is peace and tranquillity, a place to be available to each other.

The second kind of vacation requires more planning, more energy and momentum, and it usually involves traveling about. These are the discovery trips—new cities, new countries—and the motive is often education and adventure. It was this kind that the Bailey family of Indiana City, Indiana, took last spring when they went on a historical pilgrimage to Washington, D.C. "With all three in high school this year," Jane Bailey says, "it was more like traveling with adults." The Bailey youngsters continue to enjoy traveling as a family; for other teen-agers the very idea would seem heretical. But family vacations, like everything else, have a season, and for all it usually ends with high school graduation. Knowing that, many parents try to make good use of the years when their children want to travel with them.

SEQUOIA TO YELLOWSTONE. "Our friends said we were crazy, that it would be a disaster traveling all that distance with three children," Martha Vlahos says. She pauses dramatically, then adds, "It was absolutely wonderful."

What was wonderful was a 4,000-mile, month-long journey in the family station wagon that took them to six national parks and ended with a week's stay in a family cabin on the Snake River of Idaho.

The key, Martha is sure, is careful preparation—psychological as well as physical. "We reserved cabins in each of the parks in February for the August trip," she explains. "John and I were very determined that this was going to be fun for us all. The things we argue about with the children at home—keeping their rooms straight, doing homework and practicing music—wouldn't be there. We decided that we were not going to expect too much of the children."

They took along books on how to identify birds and flowers and trees and they looked everything up. To their surprise, the age differences among the children—so obvious at home—seemed to disappear, so that 11-year-old Jennifer could build sandcastles for hours with five-year-old Jonathan. There was, Martha says, a spirit of cooperation among them all.

The things that Martha Vlahos remembers best, however, are not the sights they saw or the things they learned so much as the idyllic times when they met with pleasant surprises. One such day, at Walnut Canyon not far from the C Canyon, they started early in the m ing for a hike to some Indian ruins one else was on the trail, the sky blue, great clouds formed above t They turned a corner and heard the of their own voices; they started pl with the reverberating sound, listeni the ringing as their voices bou against the canyon walls. Martha, a complished soprano, began to yodel erybody chimed in and they all lau with pleasure. Another day they along a river in Zion National Par where a gossamer waterfall sprayed a canyon wall into a pool. The air warm, the water cool and they swam played there for hours.

It is such days that lie in the colle memory, slipping below the surface to be brought up by some member o family who will begin, "Remember day at Walnut Canyon. . ." And no else in the world will ever know q what it was like that day, except t who were there.

Moonlit water

Every family we spoke to could re such moments. . . standing on the ri a mountain in a ski resort in the Si Nevada, all in a row, poised to make run down and knowing that each of th was where they wanted to be. . . Tast the excitement as they boarded the f on Lake Erie for the trip to their gra parents' summer home on Middle I Island. . . Lying in sleeping bags i field full of wildflowers at Medicine B National Forest, playing "Twenty Qu tions" before dropping off to sleep. . sitting in a canoe on Lake Newman Washington, admiring the reflection the mountains in moonlit water, feel utterly at peace. . . . Camping high o mountain in the Smokies, watching storm approach from a far distance, t rain in long silver sheets and winds t are high and wild. . . . At dusk, listeni to the katydids while the four year blows soap bubbles that drift over a l in the Ozarks. . . . Driving across t southwest to San Diego where the ch dren will see the Pacific Ocean for t first time, arriving after dark in a c rain, but going to the edge of the wat anyway and wading in—all of them—b cause they had talked about it so much

There are times when trips turn o better than anyone had a right to expe for reasons that remain oblique. And, course, not all trips end well. Vacatio can be disasters, often for reasons qui beyond control. Even these, at times, c be salvaged, and with time and goo humor they can become family legend.

SAVANNAH, GEORGIA. Her family most memorable vacation, Renie Lest says, laughing already, was a Class A di aster. It happened when their childre were two, six and eight, at (continued

LINES TO A YOUNG BALLERINA

By Virginia Linton

When, in your tutu,
you surmount a vertical
column of air,

to hover sustained
by your own, perfectly
executed entrechat,

birds,
gliding down the wind,
jealous of their supremacy,
will turn their heads
to look in,

while the stars love you
because you have become

one of them.

If you've ever had a tampon accident,



Expandable sponges to fit best. And absorb fast. Rely's sponges expand to fit and absorb almost instantly. So you're protected virtually from the start.

Super fibers for super holding power. Rely's super-absorbent fibers pull the flow from the sponges. Hold up to 17 times their own weight.

you're ready for Rely's double-absorbing action.

Once your tampon fails you, there's little you can do. Till time. So next time, try Rely.®

You can practically forget about staining from by-pass dents (accidents that can occur when there's a gap between and your tampon). Rely has double-absorbing action. incredibly absorbent sponges that expand to fit best. Two: super-absorbent fibers that draw the flow from the sponges and hold it.

Double-absorbing action: It provides superior protection against by-pass.

Unlike other tampons made of cotton and rayon, Rely is filled with light expandable sponges and super-absorbent fibers. As soon as you insert Rely, your body moisture makes the sponges expand till Rely billows out to fit you softly, virtually wall to wall, so there's less chance for tampon by-pass.

And Rely continues to fit, no matter how much you exercise, because it bends and flexes with you. Only sponges absorb like sponges. And Rely's absorb almost instantly.

But that's only half of double-absorbing action. It's the fibers that keep the flow from backing out. They actually draw the flow from the sponges and hold it deep inside Rely's unique cup shape, while the sponges absorb even more.

Absorbency as well as comfort.

Some women find Rely's Regular size so absorbent, they never need Rely Super. But it's best to try both sizes at first—using Super on heavy days and Regular as you taper off—until you find the combination most comfortable for you. Rest assured, even women with unusually heavy flow have found security in Rely Super, without an accident.

As for comfort, well, a soft little pillow of a tampon with a silky outer covering has got to be comfortable. And its smooth plastic inserter has a tapered tip to glide Rely in easily. Without a pinch. So if you've had accidents with other tampons, you're ready for the Rely difference. The only tampon with this kind of double-absorbing action.

Rely.
It even absorbs the worry.



30, The Procter & Gamble Company



Families Together

continued

a time when the couple was on a tight budget. Their vacation, that year, was a trip to Chicago to visit Renie's family.

The visit itself went well; it was when they arrived at the airport for the return flight that the trouble began. Relatives dropped them off and left. They checked their luggage, except for Billy's diaper bag, and went to get something to eat. When they returned, their plane was gone and their luggage with it. Somehow, they had managed to miscalculate, had lost an hour and missed their flight, the last for that day.

There was nothing to do but check into the only available hotel—very elegant and very expensive. At the time, the only place to eat was the dining room, where they were seated in velvet armchairs. The table sparkled with crystal and silver, tuxedoed waiters hovered. "And all the while my husband was doing his best to look distinguished in his dirty sport shirt and rumpled trousers," Renie says. "I remember thinking that I loved the whole messy bunch."

That night the couple propped themselves in the giant bed and through an enormous one-way plate-glass window watched the big jets land and take off, while their three children romped in their underwear on the plush white carpeting. "I think we alternated between laughing and crying," Renie remembers. "But at some point there was this feeling of 'this is what it's all about, even though we may never be able to pay for it.'"

Things *do* go wrong

When a family is confined to a car for long periods, tensions will mount. One father, his considerable patience stretched to the limit by three youngsters whose sniping and arguing had reached advanced levels, pulled the car to the side of the road and bellowed, "Out!" At first the kids just sat there to see how serious he was. "Out!" he repeated, and the three of them scrambled to stand meekly in the weeds along a Texas highway. Drivers of passing cars began to smile and laugh and wave. It was clear that they knew exactly what had happened, and why, as if the experience were universal.

As, in fact, it is. Things do go wrong, parents do miss a turn on the interstate and get tense and aggravated, kids do get tired and fussy, and it is all as much a part of the family vacation as the fun. What complicates matters is when someone insists that the tension is "ruining everybody's good time," as if vacations are limited to good feelings. The best that can be hoped is that aggravations are accepted and dismissed—even if it means making the kids step out of the car a few minutes (or better yet, made to three times around some conve little park).

MENDOCINO. Kim and Les Ellis their daughters are spending the w end in this nineteenth-century New gland village, which perches on a montory that juts out to sea on the l north coast of California. The tow authentic; it was settled by people Maine who came to log the redwood ests, and films with New England tings are made here.

They are staying in a tall, yellow h with friends, a couple whose children the same ages as their own—12 and Most of the year the town is shrou with fog, but for them the sun is shin the breeze is warm and gentle.

They settle into the rented house, children careen up the steep stairs, all the china doorknobs. After a while men wander off toward Main Str while the women walk to the headla to sit at the edge of the land and w the waves break on the rocks far be The children spin off in the opposite rection, to the pioneer cemetery wh they will make a game of finding oldest headstone.

If it were possible to look at a fa under a microscope, to study its mole lar structure, we would see an organ that groups and re-groups in ever-cha ing patterns, shifting constantly. It wo be necessary to study the parts to und stand the whole; no one family would like any other in its combinations. Ellises and their friends have taken al books, a polite form of withdrawal those occasional times when one needs be alone.

They have decided to go to the bea the whole group; it has been plann announced. They are to gather at a c tain time. All but the two youngest gi fast friends, appear. They wait, grow re less to be off. The girls were last seen the toy store on Main Street, so it decided to intercept them. They are to be found. An hour passes, the pare grow uneasy. Kim Ellis says her daugh would not go near the headlands with sheer drop to the sea. Her friend says is a small town, very safe. They reass themselves.

The fathers go for the car to begin earnest search. The older children, su dued, make tunnels in the sand. T mothers fret. They are thinking the sa impossible thoughts—of children lost.

The fathers find the little girls at t yellow house, playing contentedly in back room. In their pleasure at bei together in this magic place, they h lost all notion of time. Anger flashes relief, and back to anger. The mothe take their daughters aside to deliver t lectures in private. They tell them th have been remiss in not (*continue*

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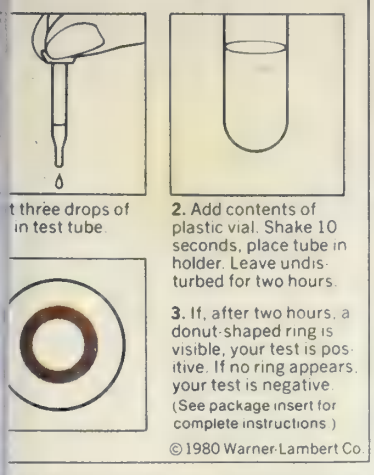
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nen at home.

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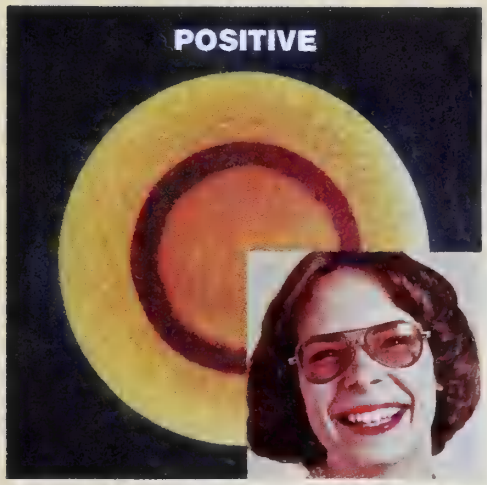
t three drops of
in test tube.

2. Add contents of plastic vial. Shake 10 seconds, place tube in holder. Leave undisturbed for two hours.

3. If, after two hours, a donut-shaped ring is visible, your test is positive. If no ring appears, your test is negative. (See package insert for complete instructions.)

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Lynn Murray
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Illinois



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"Guess I did!"



The best detergent on American soil.

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thinking of the group, of their part whole. The little girls pout; they ha yet understood the delicate balance

But the sun and the tide are ou soon all four youngsters are w through a waist-deep channel to the sand bar exposed by the ebb The incident is over; soon it is a forgotten in their pleasure at beir gether, in the sun by the sea.

Lesson is there

But the lesson is there, and it is c to the idea of family. Susan Yourd e it when she spoke of her family's tr the Inland Waterway to Alaska. "Tak trip is almost romantic," she said. " close to the sea, to an element you control, gives another perspective. haps, in a way, it puts us back to w we are most comfortable—where su is staying together. We all need t reminded that some things are b than we are."

One day the child becomes the pa the balance shifts, the quality of pleasure changes. Children roll grassy slopes, they run until their ache, they are exhilarated by the ment, knowing their parents are th And the parent watches, sharing, pleasure for having known it. The pa remembers, as the child will remer one day. Memories, from journeys and far, rising quickly to the surface.

As the mother of two young boys membered, describing her own c hood vacations on a farm in Illinois was summer," she said. "The press were off and the fireflies were out, adults were busy, you felt safe and l and it was as great as life could be."

AUGUST RECIPE INDEX

Here is a listing of recipes appearing in this issue, inclu those from the Journal kitchen and advertisements. All been tested by our home economists.

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ank-You Notes

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nd me at all!" but instead she
lother, when you called, how
u didn't come right out and say
called? Since when do you and I
beat around the bush?" Then she
tely regretted saying it. Why was
ng sharp with her innocent
who couldn't see what her living
s like, what her kitchen was like,
life was like?

nother was basing her judgment
re on her own history, remem-
ner own newlywed days. And
s mother had never worked after
married, not even part-time, had
onths to prepare the new nest,
hired a part-time cleaning lady
with the heavy work. How simple
when one's aunts and cousins
arby and gave a hand now and
hen one's homemaker role was
and time was not shredded by a
l responsibilities?

rida. Deirdre's mother was now
in warm sunlight, reading Gothic
ks, going to lunch with the
nd shopping her heart out. How
e understand that Mrs. Fiorio's
u note was not number one on
's list of priorities? Twenty or 30
ank you's were still waiting to be
a news release had to be put
tonight, for reasons unknown
had soured and tomorrow morn-
fee would have to be served black
dn't run to the market for another
nd the hall closet pole had never
ut up properly and their coats were lying in a heap on the front closet floor.

"You sound angry," Deirdre's mother said, in a little hurt and faraway voice.

"Not angry, just tired, Mom. We'll try to get the note out tonight," she added, and offered a perfunctory good-bye.

Jeff came over to kiss her. "What's up, Mrs. Wife?" he asked. "And what smells good?" He looked bone-tired, and headed straight for the refrigerator. Fortunately, Deirdre had stopped for a barbecued chicken, which was warming in the oven. "Dinner in half an hour," she said, but her voice came out sounding as flat and distant as a voice coming through the wires from Florida. "My mother and I just had a—little altercation," she said.

"About what?"

Jeff took a pitcher of orange juice out of the refrigerator and poured himself a large glass. Had she written a thank-you note to the Gormleys for the pitcher? Deirdre now couldn't be sure.

"She wants me to write a thank-you note to Mrs. Fiorio *tonight*. Mrs. Fiorio sent us the beige clock with the luminous hands, remember?"

"The one on my night table?"

"Yes."

"Nice clock. So why don't you?" Jeff asked.

Deirdre watched her husband swallow his orange juice, then watched him set the empty glass down in the kitchen sink. "How come you didn't rinse out the glass?" Deirdre asked, unable suddenly to stop herself from popping this loaded question into the benign kitchen air.

"Was I supposed to?" Jeff asked, in total innocence.

"Are you serious?" Deirdre said, and it was not really a question, it *(continued)*



"I had no idea they were so strict about the eight-items-or-less."

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The makers of 15 washers pack Tide coupons in their top-loading automatics.

Thank-You Notes

continued

was a challenge. It was also the starting gun to mark the beginning of their first serious skirmish as man and wife.

"Why not? I would. And, come to think of it, why don't *you* write a thank-you note to Mrs. Fiorio? That clock wakes you up every day as well as me."

Jeff was amused. "Me write a thank-you note?" He looked as if he were going to slap his thigh with hilarity, but then changed his mind and just gave a big, amused grin. "Boys don't write thank-you notes," he said.

Deirdre looked at her husband. He was not a lazy man or selfish, or insensitive. He was the love of her life, the man who had her wedding ring inscribed "My love for you is infinite," who had loved her through last year's terrible poison sumac rash that made her face look like raspberry yogurt for two months, who had called her every single night the week he went to San Francisco, who had brought her perfume he couldn't afford because she once mentioned she liked it, and who never ever raised his voice to her in anger. Still, his remark, intending to be cute, was not cute.

"And I noted when we were in Bermuda, you didn't write even one postcard, either," Deirdre said.

"I don't write good postcards. I can never think of anything to say. Also, I can't spell."

"It's the principle. I think it would be nice if you wrote to Mrs. Fiorio."

"And my handwriting—well, you know my handwriting. And anyway, I don't even know Mrs. Fiorio. I don't even know what she looks like!"

Deirdre's eyes narrowed. Her heart narrowed. The issue was deeper than who would write this note. It had implications that might affect the roles they would play the rest of their lives. If she could paint and paper and hang closet poles, if she could put out the garbage, if she could go out to work every day nine-to-five as Jeff did, he could darned well sit down and write one little note. Before they were married, hadn't he clearly said he'd share equally in household responsibilities? "It's not important what *she* looks like. You know what the clock looks like, don't you?" she said, surprising herself. The new, firm voice was probably too steel-framed. Still, wasn't this assignment really a household responsibility?

Jeff did not answer, but a shadow fell over his face; his smile was gone.

He set the table and he helped with the dishes after dinner, but then he retreated. He took his briefcase to the borrowed card table in the living room, uncrated a chair and positioned the apothecary lamp to beam light over his shoulder. For the rest of the evening, while Deirdre worked on her releases in the bedroom, he sat hunched over his work in the living room.

Once or twice, when she heard his chair creak, when he left his work for a few minutes, she thought he would head into the bedroom to make up. She thought he would hug her and tell her that the issue of notes was frivolous and



and should never divide them even
n evening, but his footsteps headed
ne kitchen or bathroom, and by the
she finally drifted off to sleep he was
working and they still hadn't ex-
ged a word.

hen Deirdre woke the next morning,
was in the bathroom. She crept
kly into the living room and checked
ard table. She was dead certain that
had written to Mrs. Fiorio, that it
d be there waiting to be mailed, his
of making up and hugging her, or
g her that his love was indeed in-
or, at least, still present two weeks
their honeymoon.

ere was no note.

ff appeared in the doorway fresh-
n, wet-combed and smiling. Deir-
dre saw he'd put a mug of coffee on her night table for her. Black. "Would you like to meet after work at the Portofino for spaghetti with clam sauce?" he asked. Bland and charming, as if nothing had happened. Then, Deirdre noted—and she caught it in just one blink—he checked the time on his watch against the time on Mrs. Fiorio's clock. Aha: Hit with a resurgent rush of injustice, she wondered if this was what marriage was going to be—burying issues under spaghetti just to keep a fragile peace?

Still, that sledgehammer smile of his, and the way one eyebrow moved up a quarter of an inch and the other a full three-quarters, was irresistible. Deirdre had never been good at turning Jeff down anyway. "Six o'clock?" she asked. I love you even though you are impossibly stubborn, she thought. "Six o'clock," he said, and he kissed her good-bye. He smelled of cedar wood aftershave and minty toothpaste. He smelled wonderful.

When Deirdre got to work, Edna was already at her desk, but before Deirdre could ask about her mother, Edna looked up at Deirdre with red-ringed eyes. Her lips were trembling and she held a crumpled tissue to her cheek. "My mother is dying," she said.

"But I thought she was getting better!" Deirdre said, almost stammering with surprise. Edna's mother had gone in for a routine hysterectomy, then suffered a stroke during surgery.

"I thought so too," Edna said, blowing her nose. "But even if she pulls through—" she waved her hand near her temple to indicate probable brain damage, senility, whatever.

Deirdre sank into her desk chair and felt her own eyes fill with tears. How unfair. Edna's mother was only 56, a lovely, active woman with hardly any gray in her red hair. Deirdre's own mother was two years older. Her own mother, at whom she'd snapped with so little provocation on the phone last night. And how many times before in her life had she been short with her, rough to her, callous, unfeeling, fresh?

Edna shook her head. "The night before Mom went to the hospital I wanted to take her out to dinner, but Peter Reilly called. I'd had my eye on him for months—" Edna swallowed her tears. "I accepted the date. If only—" she wept, but couldn't finish.

If only, Deirdre thought with a chill. She remembered her mother helping her with her French vocabulary words in high school. Deirdre could never have passed French if her mother hadn't sat with her night after night, the textbook open on her lap, beating into Deirdre the difference between words like *jaune*, yellow, and *jeune*, young; pounding verb conjugations into her distracted teen-aged head. Of all the silly things to think of now.

And then she remembered her mother, terrified of flying, taking a plane to Colorado to sit in the hospital with her when she broke her ankle skiing in Aspen.

Other unsummoned memories barged in: Deirdre saw her

(continued)

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ALT

But this much taste.

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Thank-You Notes

continued

father steadying her terrified, uncoordinated eight-year-old self on her two-wheeler Saturday after Saturday. She saw her mother shredding vegetables and nuts into a salad the year Deirdre was a vegetarian. And she saw them both at her wedding, their pre-nuptial tearful faces euphoric as they stood in the receiving line next to her after the ceremony.

How could Deirdre have made an issue about writing a little hasty thank-you to her mother's friend, Mrs. Fiorio. On what principle, after all?

The urgency of time's running out besieged her. During her lunch hour, she found a piece of plain white stationery and quickly wrote, "Dear Mrs. Fiorio. Forgive me for taking so long to thank you for the little alarm clock with its handy snooze alarm. Jeff and I have used it every weekday since we got it, and we want you to know how much we appreciate your thoughtfulness."

And then, signing her name, folding the note and tucking it into an envelope, Deirdre knew how she must spend the rest of her lunch hour. She pulled a large white correspondence sheet out of her desk drawer, stuck it into the typewriter and began to type.

> Dear Mom and Dad:
>
> Forgive me for taking so many years to thank you for being dear and loving parents. All my life I have used you as my support system, my role models, my standards of ethical behavior. You were always on hand for my important moments, you endorsed my ideals even when they weren't yours and you were tolerant and amused when other mothers and fathers might have been intolerant and angry.
>
> It is very important for you to know that every day when Mrs. Fiorio's alarm rings and I get up to live another day, I feel gratitude for my good life. I think that much of what I have—my career, my marriage and my ideas—I have because I became what I became, because of you.

And, thank heaven, Deirdre thought as she watched Edna slip on her coat to go to the hospital, that my father's head cold is only a head cold, that my mother sounded well and healthy, that I'm not too late with this letter.

At dinner that night, Deirdre did not mention that she had written to her parents. Perhaps she was embarrassed; she was generally not given to sentimentality and might think the gesture corny. Besides, she would not mention notes, letters or thank you's tonight. Smoothing over these little marital rough spots by ignoring them might be the best way to treat them after all. A waiter broke into appropriately passionate operatic song at the next table and Deirdre, glowing, said, "It was a wonderful idea to come here," and Jeff put his hand over hers on the tablecloth and smiled, then said, "You look absolutely beautiful in this light, do you know that?"

The next morning the alarm woke them although it was a Saturday. They had risen because there were endless things to do: Jeff had to go to the hardware store for wallpaper paste and nails and turpentine and Deirdre had to get to the supermarket, the laundromat and—to the post office to pick up stamps for the rest of the thank you's she'd have to get out by tomorrow night, latest.

On her way out, she stopped at the mailbox, and there it was, addressed to her in familiarly atrocious handwriting. She opened the note quickly and had to squint to read it:

> Dear Mrs. Wife:
>
> Please forgive the delay, as I am not good at writing thank-you notes. In fact, this may be the last one I ever write. I want to thank you for the way you tick and for making me want to get up every morning. I want to thank you for making time fly when we're together. I love not only your hands and your face, but your inner workings as well. You are the nicest gift I ever got. I hope you offer a lifetime guarantee.

Deirdre turned in her tracks and ran back upstairs. Jeff was just coming out of the shower, and smelled of hard-milled soap and pH-balanced shampoo. He smelled wonderful.

"P.S. I love you," Deirdre said, throwing her arms around him.

"You got my thank-you note," he said, inundating her with his impossibly stupid-born, sledgehammer smile.

"I did. And you win. From now on you can take out the garbage and I'll take care of the correspondence." Deirdre smiled. "You spelled 'guarantee' wrong."

Jeff's left eyebrow went up a quarter of an inch, the right one went up three quarters. "I know," he said. **End**



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Three Miles Around the Lake

continued from page 79

only she had graduated as she had nt to, then maybe she could have ed and chosen where she worked. she hadn't. Graduated. She had ghed five quarters, then the whole ness of getting a law degree herself seemed so—so remote from real life, nnecessary, so futile when there were many lawyers looking for jobs anyway. hat sweat and strain, all that study. It didn't seem worth it, not even in e days of women's rights and all that. nd she quite liked being a legal secre- Well, there were dull moments—any job had dull moments, didn't it? might have preferred being more l than secretary. Typing up the briefs keeping Mr. Mayo's appointments ight in his daybook were all right, but e were days whe she thought his ositions were not handled quite the she would have handled them if . . . . But that was presumptuous. It certainly just as well she had kept up typing and shorthand. Where would be without that behind her?

he big decision was whether to run ore work in the morning, which meant ting up at six-thirty, or after work.

After work cuts down on one's social terribly," Sally Ann advised her. "I an, what if someone asks you out for a nk, or dinner or something? What are going to say? No, sorry, I have to run mile now? Early morning, Caro. Take advice."

aroline was very ready to take advice. er Greg Bennet, she had hit the sin- s scene more intensely, but somehow memory of *Looking for Mr. Goodbar* s on her mind all the time and she nd herself eyeing the prospects in the s a little more warily than before. She lly had quite liked Greg Bennet. He s tall, good-looking and neatly dressed three-piece suits. And a lawyer. What ore could one ask for in a man? And he se good restaurants. She felt now that s half the trouble. All that French food l contributed to the extra pounds and held that against Greg as much as his sertion of her. She could no longer fit o her designer jeans as she had once ne and there had been moments dur- g the summer when she had wondered a bikini was quite the right choice. cking in one's abdomen made the top lf of the bikini look sort of odd and she d taken to lying down a lot or carrying towel around in front of her to help th that just tiny roll above the top of e lower half.

So running was definitely the answer. heds pounds," Sally Ann had sagely dded. "Take my word for it."

Normally Caroline didn't get out of bed until seven-thirty. Seven-thirty was a bit of a rush. Showering was quick and easy, of course, and the instant breakfast food took no time at all; it was the blow-drying that took the age. If that went wrong, one had to wet one's hair and start all over again. And Caroline couldn't afford a car as well as the apartment and the clothes. It was public transportation or nothing, so every morning was a rush and a flurry, tearing down the hallway and down the front steps, panting to the bus, usually just as it was departing. All in all, life was getting more complicated that Caroline had bargained for. Running could well be the answer.

The first morning was easy. She had it worked out perfectly. She had packed her working clothes the night before into a small bag. She donned her new outfit in the gray light of dawn, frowning as she regarded her bottom in the shorts, and jogged gently to the park, only half a block from her apartment, stowed the bag in the lockers at the field house and started off around the lake. She allowed herself two hours from the apartment to the office. Three miles around the lake, a quick shower in the field house, change into her office dress, catch the 8:15 bus and no hassle.

The first thing she noticed was the difference in the air at six-thirty in the morning. It was September now and there was a freshness and a softness to the light that she had not experienced before. That was not surprising because she could not remember when she had been out so early. What was amazing was the number of people out there with her. Somehow she had believed she would be the only one on the smooth tarmac track that skirted the edge of the water, but there were dozens of men and women running, jogging, walking around the path. There were even some on bicycles. For a long time now Caroline had thought the bicycle a defunct machine.

She took deep breaths of the dew-laden morning air. It smelled good. She started off at a trot, then quickly moved her pace up to a run. She swept past two or three men who must have been at least 40 and Caroline knew she looked good. Young, blond and athletic, striding out purposefully in her blue velour track suit. She felt extraordinarily fit. Wonder Woman.

After 300 yards, her lungs felt as though they were going to burst, the spasmodic intake of air heaving her diaphragm into her chest so that she felt sick. At 350 yards she slowed to a walk. The elderly men jogged gently past her. She walked until the breathing became easier, then she stretched out again, her feet in the new shoes pounding the tarmac. This time she didn't make more than 100 yards progress. The headband that was meant for show

(continued)

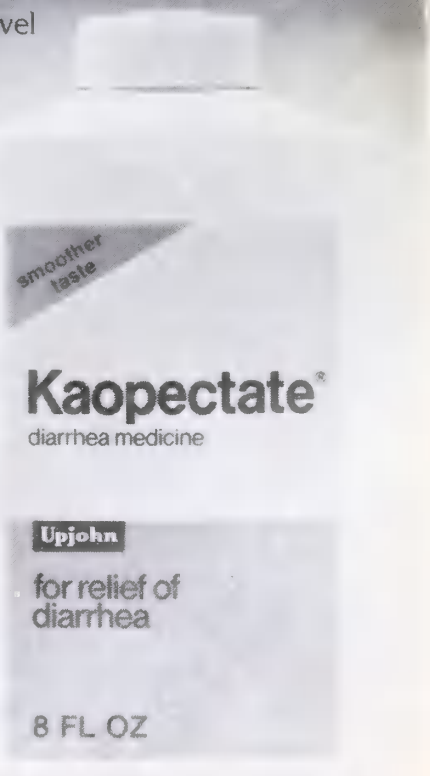
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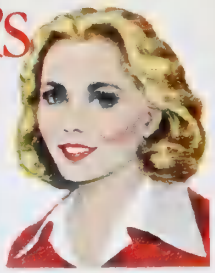


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Three Miles Around the Lake

continued

caught the first drops of sweat from her brow. Caroline had never sweated before, not really sweated, not even when Greg had made love to her. She hadn't even caught up with the men, gray-haired and scrawny in their ill-fitting clothes. She watched their backs disappearing around the laurel bushes that clustered near the water's edge.

The waistband of her shorts was cutting her in half and there was a ruck in one of her socks inside the red nylon shoes. When she bent to straighten it a wave of dizziness swept over her. She resisted the temptation to keep her head by her knees, to sit, to lie down on the damp grass. She set markers for herself, trees 50 yards apart. She gritted her teeth; she jogged, she walked, she rested. The three miles around the lake were endless. Her eyes blurred with the effort, red tides filling them, the ache in her ribs becoming a pain, the shorts rubbing a sore spot at her crotch. She was vaguely aware that the middle-aged men in the gray, shapeless outfits passed her again and only the fact that it soon became as far to turn back as to go on kept her going.

When she eventually reached the field house once more, her body was wet with perspiration, she longed for a shower there wasn't time. It was the ridiculous exercise she had ever tried

As she tottered out of the changing room in her T-strap, high-heeled shoes she caught the glance of a lanky young man in a scruffy pair of jeans. He smiled, his mouth curling up at the edges.

"Great, isn't it?" he said. "Makes you feel like a million dollars."

Caroline couldn't speak. It still hurt to breathe, so she merely smiled a weak nondescript assent. But she noted the approval in his eyes.

By the time she got to the office, she had recovered her poise.

"Well, did you do it?" Sally Ann asked her.

"Do what?"

"Run."

"Oh. Yes. No sweat."

"Really?" Sally Ann looked respectful. "How long did it take you?"

"How long?" Caroline stared blankly over her typewriter. "I didn't time myself."

"You didn't? Oh, but you should. Then you can see how much you improve."

Caroline thumped at the keys. Improve? There was no way she was going to try to improve. Once was quite enough to show that running was not for her. She frowned as she read over what she had just written on the typewriter. "It is in the best interests of our client that we pursue this matter to its fullest. . .

On the other hand, there *(continued)*



"We'll miss you but I can't promise we won't talk about you when you're gone."



"Mom said it was from my fairy godmother. I thought, 'Could it be?' Oh yes! I love 'em.
've been begging for heels just forever. Yes. Yes. They fit. They're just like the ones I wanted.
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Three Miles Around the Lake

continued

the $150 she had spent on the outfit. ere was always tennis, of course. But nis took other people and organiza- n. She would have to think about it.

By lunchtime, having skipped even the ant breakfast, Caroline was starving. e wolfed down a hamburger at the fast d chain around the corner from the ce and drank three cups of coffee. Her s ached abominably. She didn't even oy her after-lunch cigarette.

"So, are you going again in the morn- ?" Sally Ann was tidying up her desk.

"Oh, Lord, I don't know," Caroline d. It had been a long, boring day in office and she was looking forward to ng, boring evening in front of the TV. m not sure that running is quite me, ly Ann."

"But you can't give it up after only one Caro. Think how skinny you're going be, think how fit."

Caroline eyed her with something akin dislike. "Tell me," she said, "exactly w much running do you do?"

Sally Ann giggled and pouted. "Oh, u know, I've tried it, but it's for the dicated types, the masochists, and I'm t one of those." She looked over at roline. "Though to tell you the truth, ro, I can't help admiring those who k to it. I bet you could, you know."

"I bet I couldn't."

She fell asleep in front of the television out nine o'clock, and didn't even see a mpse of the Johnny Carson show, not til she staggered off the sofa to switch off and fall into bed.

Consequently, she was awake at six in e morning.

"Hell, no," she muttered to herself as e lay warm and comfy under the down quilt and watched the sun struggle through the mist. "Masochism is right. I'm not going to put myself through that torture again."

But for some reason, she did. She grumbled to herself as she dressed, discarding the too tight shorts to wear just the track suit, throwing her clothes into the bag and wondering why on earth she was doing it. Was it just to capture Sally Ann's admiration?

If anything, it was even more painful that morning. The calves of her legs felt as though some hand was wringing knots in them. And she was obviously slower getting around the lake because she missed the 8:15 bus and that meant she would be late for work.

"Damn it," she muttered to herself, watching the minutes tick away at the bus stop. "Damn it. It's not worth it."

Of course it wasn't worth it. Nothing could be worth that kind of effort and resultant pain.

"Hi, there," a male voice said behind her. "How's the running going?"

She turned to see the same lanky fellow she had seen the day before. He swung a battered duffel bag easily from one hand to the other and smiled just as easily. Caroline looked him up and down. His jeans were as scruffy as at first glance, his jacket obviously bought from a surplus store.

"Training?" he asked, oblivious to the fact that she had no desire to speak to him. "Or just running for fun?"

Caroline was stung into replying. "Fun? How can that be fun?"

"Oh, sure it is," he said and he grinned at her. His teeth were very white and even. "Once one gets tuned. . . . My mind is clearer, my breath sweeter, etc., etc. All those good things. You know."

She didn't know. She was tired of people telling her how good this nonsense was for her.

"My name's Mike," he continued. "What's yours?"

"Caroline." She peered past his shoulder. "There's my bus. Good-bye."

The bus swept down on them with a sighing of air brakes, the door hissed open and she clambered aboard with dismissive dignity and then ruined the effect by catching her heel in the metal runners of the flooring.

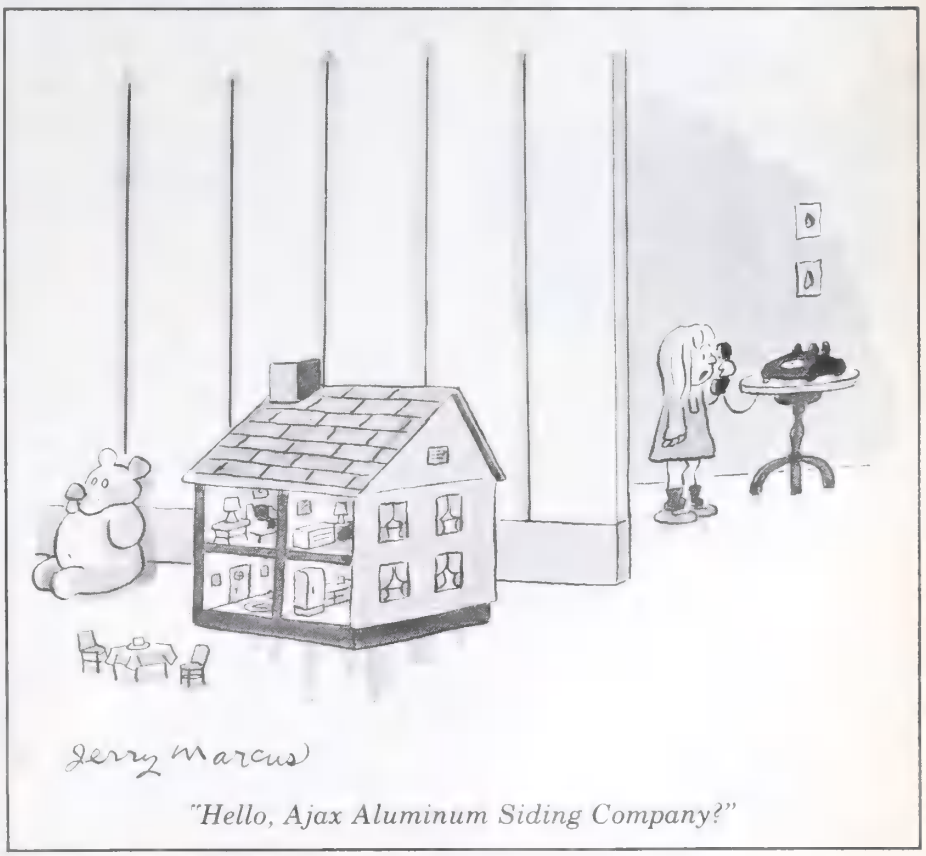
"Hey, careful," Mike said, grabbing her elbow. "Don't fall. You've got to watch out for your Achilles tendon when you're a runner."

He was getting on the bus with her. Caroline smiled what she hoped was a chilly "thank you," pushed her way to the back of the bus and sat down beside a very fat woman who smelled overpoweringly of cheap eau de cologne. She had an uncomfortable ride and didn't see him get off the bus.

But she saw him again the next morning. He pounded up to her on the track, slowing for a brief moment. His breath came easily, the lean contours of his body all too plain under the thin T-shirt and shorts, and he smiled again, the smile coming as effortlessly as his breathing.

"How many miles?" he asked.

Caroline scowled and slowed down to a stop. He jogged around her. *(continued)*



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ACCESSORIES:
PAGE 82: JCPENNEY. Suit: KJL jewelry, CITIZEN watch, ELEGANT belt. Blazer pants look: KJL earrings, JCPENNEY watch. SPIEGEL. Dress: KJL jewelry, Sweater & skirt: SANDOW, N.Y. eyeglasses.
PAGE 83: SEARS. Suit: KJL earrings, CAROL for EVA GRAHAM bracelets, OMEGA belt. Pant look: OMEGA belt, MONTGOMERY WARD. V-neck dress: CAROL for EVA GRAHAM bracelets. 2 piece dress: KJL earrings, NINA shoes.

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Three Miles Around the Lake

continued

ust once around the lake," she said. ee miles. Isn't that enough?"
guess," he said. "For some."
Oh, don't be so. . .so superior," she ped and he waved his hand cheer- and took off. She watched him run- , the way his shoulders moved, the his legs stretched out, the long, -devouring stride, the skim of his cles along his thighs. Okay, so he ed good without the jeans but there no need for him to be patronizing.
hat morning she didn't make the 8:15 and again he was at the bus stop.
The last name's Elliot," he said. "Mike t that makes it. And it's Caroline— t?"
he answered reluctantly, "Davidson," said. "Caroline Davidson."
That's a nice name. A real nice name,"

DINARY MIRACLES

Erica Jong

or's Note: Erica Jong, whose latest novel, INY, will be published this month, wrote following poem when she was pregnant a her daughter Molly, who is now two.

ng, rainbows,
nary miracles
t which
ing new can be said.

stars on a clear night
New England winter;
soft air of the islands
g the old
nish Main;
te gold shining
he palm;
odor of roses
he lover's nose . . .

re is no more poetry
e written
hese things.
rainbow's sudden revelation—
ld!
cliché is true!
at can one say
that?

too
h you, little heart,
le miracle,

you are
less miracle
being
inary.

and then the bus came and she swung aboard and sat by the fat lady.

The next morning she did better. She made the 8:15 bus. And the next morning. And the one after that. So she only saw Mike as they passed each other on the track. There was something about the smile, the curling uptilting of his lips, the way his hair flopped in the pale light of early morning, the sheen of sweat on his shoulder blades as he drew away from her that transcended the tatty clothes. She began to wonder why she made the effort to catch the early bus.

In fact, she began to wonder why she was bothering to catch the bus at all. There *was* something about running that did things to one's mind. It didn't stop one from thinking at all. At first, of course, it had been impossible to think—all that blood surging around one's head quite gummed up the process, but now, as it became easier, she found she was doing a lot of thinking. Her mind had cleared quite wonderfully. Every morning she caught the 8:15 bus—and for what? A decent salary bought one clothes but a legal secretary was not the be all and end all, was it? No, not legal. Secretary, period. She typed, took shorthand.

The next morning she somehow missed the bus. Somehow caught up with Mike Elliot. Except, of course, he caught up with her.

"I've watched you," he said. "You're coming on a treat."

"My running is improving," Caroline agreed.

"I never asked you," he said. "What do you do?"

She smiled, like him, easily. "I run."

"All day?"

"No." She hesitated. "For the rest of the day I pound a typewriter."

He raised his eyebrows in interest. "You're a writer?"

Caroline looked down the road for the bus. "I'm a secretary."

"Really?" Mike Elliot looked surprised. It was the first time she had seen that expression on his face. Smiles, sweat, concentration, that was what she had noted before. "Most runners I know are aiming for something."

The bus didn't seem to be coming.

Caroline felt stiff around the lips. "Maybe everyone can't aim for something more."

"Oh, come on," he said. "Anyone that can run three miles around the lake can aim for something."

"I think your prejudices are showing."

He gave a great, gusty bellow of laughter. It echoed around the empty bus stop.

"It was a statement of fact, that's all. Aren't you going to ask me what I do?"

"No," she said, suddenly awkward. "I can't see that it matters."

"You're wrong," he said. "Of course it matters what you do with the rest of your life. This is just exercise to get one's mind and body in trim for everything else. It's not an end in itself."

It was easier to ask the question than argue. "So, all right, what do you do?"

"I'm a photographer. For the local rag. But I'm hoping to go freelance one of these days. Soon."

The bus came then and this time she didn't seek out the fat lady. Caroline sat with him on the vinyl-covered seat.

"Have you noticed," he asked, "the colors of the lake in the early morning? The blues? The grays? The way the birds fly up out of the reeds? Some days I'm late for work, I just have to stop and take photos."

"That's really nice," she said.

Somehow a routine became established. Every morning she missed the 8:15 bus so that every *(continued)*



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Three Miles Around the Lake

continued

morning she rode with Mike. She negotiated with Mr. Mayo to let her come in late and work at the end of the day to make up for it. She found it easy to ask him because if he had said no she would have found another job. As easily as that.

Every day Mike kept pace with her for one turn of the lake. He slowed down to her stride and talked of all kinds of things, topics that Caroline hadn't discussed since her days at school. He did most of the talking as Caroline still had trouble with her breathing, but she was getting better. Definitely, it was getting better. And there was something eerily satisfying in the company of Mike's body beside hers, the rhythm of their feet together, the harmony of their deep breathing. It was satisfying, comforting and undemanding.

So September passed into October and then it was November. Now the mornings were chillier, the fog sometimes heavy, the lake dull and gray, the migrating birds filled the waters and the reeds, quarreling among themselves, rising suddenly in great whirring clouds and wheeling off into the lowering skies. Caroline felt at peace with the world. Her hair grew too long for her to bother with blow-drying and she took to twisting it into a knot on top of her head, disliking the damp clinging of it around her neck. She discarded the velour track suit, wearing an old sweat shirt instead. Now the tiny shorts fit and they had become suitably dulled and disreputable through constant washing. The words had faded from the no longer tight tank top.

"You look great, Caro," Sally Ann said to her. "Fantastic. I would say. You must have lost ten pounds. You should get some new clothes."

"Clothes?" Caroline echoed. "Yes, maybe I should. Christmas, perhaps."

Funny, she didn't have the same interest in clothes that she used to.

Greg Bennet stopped by her desk that same day.

"Caroline, you certainly do look good these days. How about dinner this evening? We could take in a movie afterwards. there's that new Francis Ford Coppola everyone says should be seen. How about it?"

Caroline leaned back from her typewriter and looked at Greg. She hadn't really looked at him for weeks. He still wore his neat, three-piece suit but he seemed to fill it more than he did before. His was tinged with red, but not that g outdoor color, and there were little fle rolls around his cheeks.

"Oh, I don't know, Greg. Thanks asking me and all that, but I'm kind busy these days."

She saw the flicker of astonishmen the light blue eyes. Was it true that had ever thought that color sexy? Sexy wasn't something she associated v three-piece s and hint of p posity anymor

"To tell you truth, Greg, I to get up early the morning watch the rise. To watch birds fly out of rushes in the g dawn."

It sounded a silly thing to in the confines the offices Stimson, Gra and Mayo, beating arou the smooth tarn at six-thirty didn't sound at silly when said it to Mike. the other thi she had on mind.

"What do truly think, Mi What do you s Could I go back school? Could really try to b lawyer? Do think I have talent? Do think I could st it out this time

"Listen," he terjected, slow down beside h not jogging around her as used to. "Anyo that can do thi miles around t lake can do a thing. Anythin You hear me?"

The birds fl up in a whirring flight out of the rushe

"See that, Caroline? See that?" Mi asked. "Anyone can do anything if th really want to."

The sound of beating wings was loud her ears as he kissed her for the fi time, there beside the lake in the gr light of dawn.

"Anything, Caroline, anything."

He held her hand as they ran the re of the three miles around the lake. E



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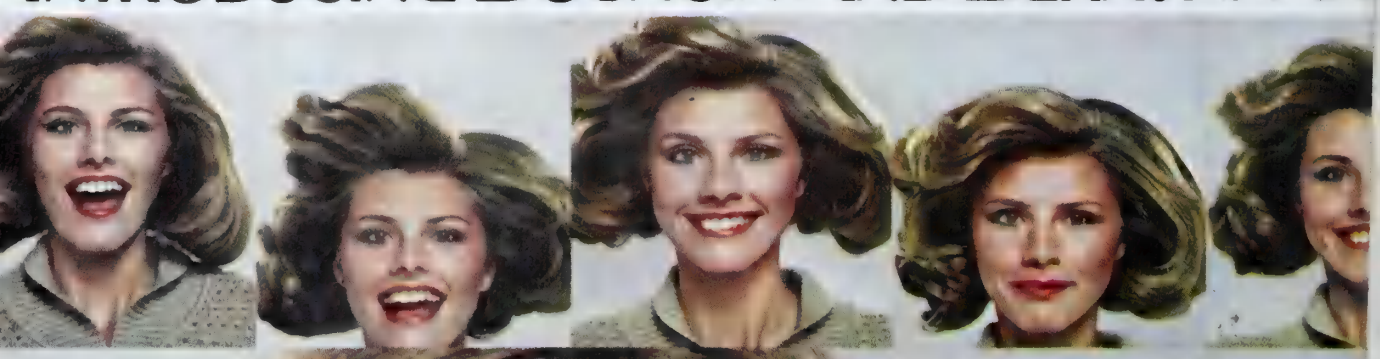
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Editor's Diary

MAILER AND MARILYN

This month, starting on page 93, you will read an excerpt from an unusual book written by Norman Mailer, that mettlesome maverick who has dominated the literary world for more than 30 years. (His first novel, *The Naked and the Dead* was published in 1948, his last, *The Executioner's Song*, won him a second Pulitzer Prize.)

When we heard that Norman Mailer was writing a book called *Of Women and Their Elegance*, with photographs by Milton Greene, we were fascinated. When the manuscript came in, we found to our surprise that although there were some mentions of elegance, it was actually a fantasy autobiography of Marilyn Monroe. Controversial Norman Mailer had done it again. We were puzzled about why he attempted "a false memoir" when he had already written a biography, *Marilyn* (excerpted in the *Journal* in 1973). So we invited him to lunch. And listened.

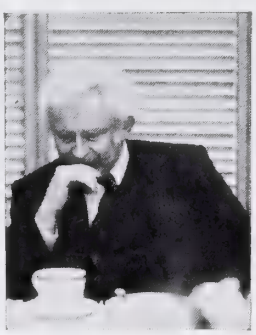
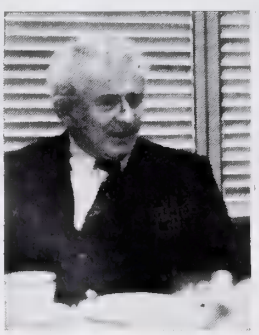
NORMAN MAILER EXPLAINS:

"I've always wanted to enter a woman's mind. For some reason, though I never met her, I felt close to Marilyn Monroe. I feel an obvious identity with her because she came out of nothing and achieved such notoriety. In a less embattled way, the same is true for me."

"I always thought Marilyn was the tenderest and funniest attractive woman I ever saw on the screen. But she was also a terribly tormented artist and a cruel and disturbed woman; at her best she was an angel, and at her worst she was a monster. I try to show that."

"Yes, I suppose you could say that in this book I am the 'ghost' of Marilyn Monroe. I occasionally stay close to the facts. But I invented much. I expect people to jump on this book and say. 'How dare he!'"

We expect they will, too. But we hope *Journal* readers will understand that this is the creation of an extraordinary, and sometimes erratic, genius.


"My oldest child is 30; my youngest is two. People who see me with the small one say, 'Have a nice day with your grandson.'"—Norman Mailer.

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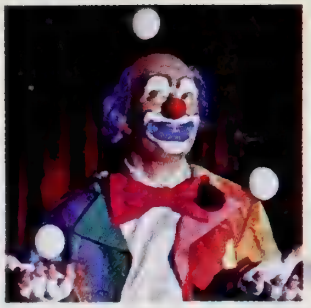
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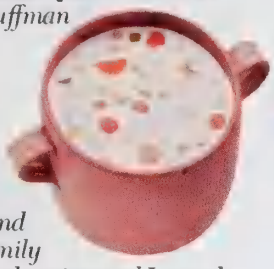
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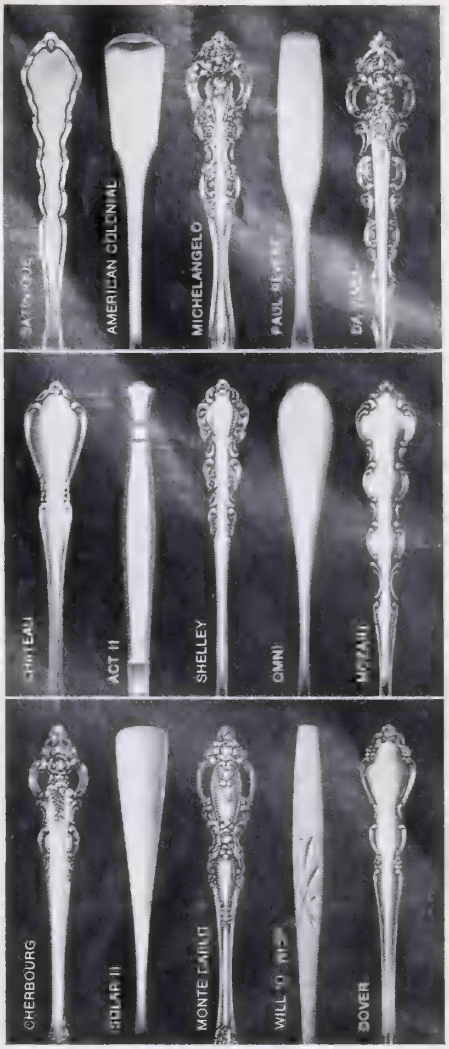
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100 ADD SPACE TO YOUR PLACE



By Joan Tully
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Cover photograph of Sally Field by Harry Langdon; hairstyle by Peter Lawson; makeup by Wayne Massarelli.



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What's Happening

Gene opens the fall season with an all-star lineup of guest interviews, ranging from Miss Piggy ("She's a one-frog pig") to Jack Lemmon ("Success breeds unemployment"). Later, Gene's crisp movie reviews.

Gene Shalit

Often when stars drop by my TV studio or office they leave behind a remark I instantly mark down. It may be a thought, a regret, a defense, or just a one-line smile. While it's fresh in mind I type it down, a hunt-and-peck fandango of flying fingers on the keys. (If I could touch-type would I be impeckable?) I toss these notes into the apple box beneath the fig tree that flourishes next to my rolltop desk. Every now and then I gather them up for a renewed grin or a crinkled brow. Let's dip into the box and see what we draw out.

SHELLEY WINTERS, *winner of two Academy Awards and loser of three marriages.* "I sometimes think that when you're a baby an evil fairy flies over your cradle and says, 'You will be an entertainer or actress.' But now on lonely nights, when I think of my married lives, I wish it had worked out another way and that I had picked out a more stable life partner, had more children and grandchildren, and not had such a gypsy life. But maybe there's no choice. Perhaps I couldn't have picked out any other kind of life."

DUDLEY MOORE, *British comedian who stars with Bo Derek in "10."* (Maybe she got a ten because they scored on a curve.) Just how fitting was the music that accompanied their scenes of love? "The trouble with *Bolero* is that it only gets louder, it doesn't get faster," Dudley said. "Anyhow, at my age it would have been safer to play Mozart's *Requiem*."

BROOKE SHIELDS, *15-year-old model and actress.* "A lot has been written about me that just isn't true. What's most hurtful is when they say bad things

(continued)



A pinwheel of stars, clockwise, from center, top: Frank Oz with Miss Piggy, Shelley Winters, Richard Burton, "Chorus Line" creator Michael Bennett, Jack Lemmon, Dudley Moore, Brooke Shields.

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1 cup BEST FOODS Real Mayonnaise
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1/4 cup sweet pickle relish
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1 hard-cooked egg, chopped
Stir together all ingredients. Cover; chill. Makes 2 cups.

Chunky Blue Cheese Dressing
1 cup BEST FOODS Real Mayonnaise
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1/4 tsp dry mustard
1/8 tsp garlic powder
Stir together all ingredients. Cover; chill. Makes 1-1/2 cups.

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about my mother, like when they say that my mother and I are enemies and that we fight all the time. We *do* fight, but every kid and their mother fights. My mom and I get along and, if we fight, it's not anything that's not natural. I've been modeling since I was eleven months old, so they say she's kept me from knowing the joys and bliss of childhood. But childhood is not always joys and bliss. I mean, I'm going through it *all*. I'm not missing *anything*. I'm having fun and I'm going through [SIGH] adolescence. That's a hard time between a mother and a daughter because I'm so close to my mother and yet the time is coming when we're going to have to separate. That's going to be the hardest part."

FRANK OZ, *the soul and voice of Miss Piggy.*

"It's funny how it happened. Piggy was just any female character on the show. One day at rehearsal the script called for Miss Piggy to slap Kermit the Frog. Instead of that, I karate-chopped him. It got a big laugh, and from then on her personality started to grow for me. She truly is a lady. She has so many complexities, so many contradictions, because she wants a career and yet she wants the frog, and she wants to be a singer though she can't sing very well, and she's *very* glamorous but she's a little chubby and she's a *pig*. She has all these desires and fears, but her main interest is that frog, that Kermit. He has become an obsession for her; no one else matters. She is a one-frog pig."

JACK LEMMON. "Failure never affected anyone except in a healthy way. I guarantee you that every actor or actress that you respect has failed. The *fear* of failure keeps you from accomplishing things. You've got to dare. Otherwise you do the same sort of role over and over. You do what's safe. I always look for excitation in my work. I never did want to be in movies. I didn't give a damn about movies. And way back in 1954 when I did my first movie, *It Should Happen to You* with Judy Holliday, bless her, it was such a thrill that I kept on with it. But I found that success breeds unemployment, because after you'd had a big success you can't take just *any* part. You've got to strive for something comparable. I've done about forty films and that's a lot. But it's been about twenty-five years; less than two parts a year. So those parts had better excite you, or get *out*."

MICHAEL BENNETT, *creator of* A Chorus Line, *the smash musical that's still playing on Broadway after more than 2,000 performances and touring across the country.*

But do Americans see a top production if they don't see it in New York?

"In years past the Road was peopled by second-class companies doing cut-down versions in budget scenery. Now we send out the exact same production as you see on Broadway—same amount of lights, same amount of scenery, same amount of orchestrations and wonderful casts. I go out every six weeks and redirect every company to see that the show stays crisp and sharp. I don't sneak into the theater. I always warn the cast that I am coming to see the show because I want to see their performance when they're trying their hardest. *Then* I tell them what's wrong. I don't want to catch people being lazy. *A Chorus Line* is a show that you can't goof off in anyway. The dancing is just too hard."

Into the apple box goes my hand and out comes: **RICHARD BURTON.** *We spent the better part of one afternoon talking, and it was his talking that made it a better afternoon.*

Richard Burton was the twelfth of 13 children born into a coal mining family in Wales. At 16 he was already appearing on the London stage, and his performances in Shakespeare, in plays by major modern playwrights and in films (six Academy Award nominations) have made theatrical history. His speaking voice is one of the most compelling and beautiful of our age. Our conversation was far-ranging. Here are some notable highlights:

Does the role you're playing ever carry over into your private life?

"I do remember one of my elder sisters coming to see me, when I was playing Iago. She came backstage, and she was really quite upset. And she said: 'You must not play that part anymore. You must stop. It'll get into your blood. You'll become like Iago.' She was dreadfully upset. I *have* seen many actors become deeply affected by the parts they play. Sometimes the first part they ever play dominates the rest of their lives."

If somebody could have seen you in just one performance of one production, what would you pick?

"On a good night, *Coriolanus*. I think that is as near to perfect satisfaction that I've ever got as an actor. *Hamlet* was interesting, and *Henry V* was all right. Indeed, I made big successes in those things. But the part that absolutely fitted me like a glove was *Coriolanus*. Arrogant, despising the mob, hatred of mankind, misogynist—I can act it. And that, I would say, is probably the best thing I've done. It's a terrible thing to say, because I did it when I was twenty-six or something, so it's a long time ago. And I've never done anything as well since."

Is it true you don't drink any more?

"Yes. I discovered some years ago that I was one of those unfortunate people who went through a great part of his life drinking very heavily, as heavily as anybody you can imagine, and never had a hangover. And then one day I *had* a hangover. I shook. I shivered. And I had a head that seemed to be bursting. And I said, 'What the devil is wrong with me?' This was about seven years ago. And a friend said: 'You've got—I've been waiting for it. You've got at last what is classically known as a hangover.' I said: 'Oh, I must remember never to have one of *those* again.' So, for the most part I've been off the sauce for a long, long time. I also found a different world, you know; I'd seen the world through a kind of mist. Suddenly everything was sharp and clear. Mind you, I wouldn't have missed the drinking years with Brendan Behan and Dylan Thomas and Robert Newton and the great Welsh actor Hugh Griffith; I think we held the record at one time for being thrown out of the most bars in one night. I have great sympathy for alcoholics. I don't think I am one. But I *understand*. Once a great friend of mine said 'Congratulations! This is your fiftieth movie, or whatever it was. I said: "You're joking. I made as many as that?' So I made a list—I'd forgotten fourteen of them! So I can only imagine I played those through a mist of alcohol."

SHORT MOVIE TAKES

URBAN COWBOY. John Travolta is a blue-collar worker in Texas escaping life's daily drudgery by fleeing nightly to Gilly's, the mammoth saloon (three acres under one roof) in Houston. Gilly's caters to people with cowboy hats on their heads and beer bottles between their lips. It also features a bucking bronco machine, which you ride like a horse and which Travolta is determined to master. He is at the center of the story and early on, in Gilly's, he picks up a young girl and ups and marries her. A week later they are sleeping with different partners but they come back together for the happy movie-ending clinch. Travolta is entirely competent with this character he knows so well, and two young actresses—Madolyn Smith and Debra Winger—will surely be heard from again. To enjoy *Urban Cowboy* you must go for Travolta, Texas and plenty of country and western music. I went for all three.

UP THE ACADEMY. This fizzle-flick cheats all of the kids who love *Mad* magazine and are led to believe by the ads that *Mad* made this movie. Wrong. Warner Brothers, which owns *Mad*, made the movie. *Up the Academy* is tawdry, tacky and tasteless. No wonder that excellent actor Ron Leibman demanded that his name be removed from the credits. It is a *discredit* to one and all.

THE BLUE LAGOON is the story of two little children—a boy and girl, of course—shipwrecked on a desert island with a parched script. They grow up to

(continued on page 15)

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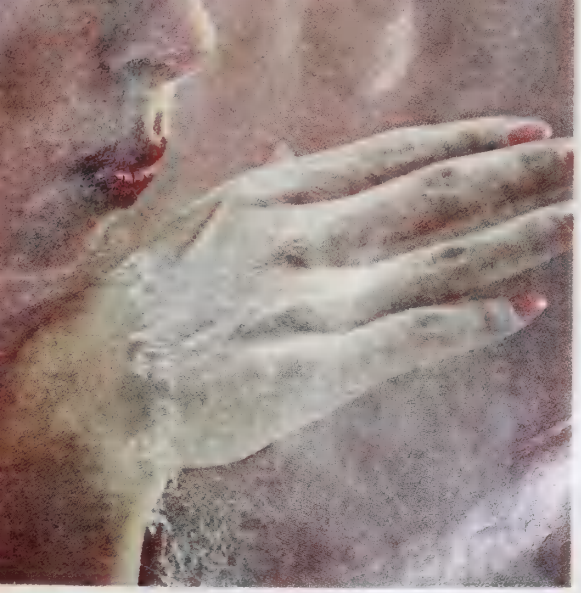
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IT'S NOT EASY TO BE A WOMAN TODAY!

"I Was a Runaway Wife... Who Went Home"

By Joy Stubbs

I am an unrepentant runaway housewife. I suppose there are many women who dream of packing a bag and leaving their families. I actually did, and it proved to be an educational experience, even though the lesson I was trying to teach my family backfired.

Why did I go? I wasn't being abused; I had none of the terrible problems that sometimes make women leave their homes. I guess I was just going through the miseries of the mid-40s. My children were grown, and I'd lost my job as a full-time mother. At 20, Pam was in her junior year at college, and Karen, 18, had just started as a freshman.

For a while it was wonderful to have the house all to myself. There were no stereos blasting, no blabbing teenagers shuffling through the house at all hours. But then the silence became more deafening than the girls' rock music had ever been.

At one point I tried to tell Dillard, my husband of 22 years, what was wrong. He simply responded, "You should be happy and enjoy your free time." He was handling his own mid-life crisis constructively, preparing for a career change from air traffic controller to teacher. He was absorbed in school courses and the challenge of a new job.

My whole family seemed to be involved in new beginnings. My two daughters had moved back home from college, filled with excitement about their summer jobs and night classes. And me? I faced a summer of doing the same old things: being cook, housekeeper and general drudge.

I became enveloped in self-pity. Every time I gathered damp towels from the bathroom or washed dishes after a meal, my resentment grew. Juggling meals had never been a problem to me. But now, as my husband and daughters rushed in from their interesting jobs, hurried through my carefully prepared meals and rushed off to their classes, it all seemed too much. My family, I felt, was being selfish. They were leaving me behind.

My hostility mounted. One night I calmly announced that the situation had become unbearable.

"I am sick and tired of being taken for granted," I told them after I had put dessert on the table. "I'm not a person to you. I'm just your housekeeper. I have decided to leave home."

Well, at least they didn't laugh. Indeed, they all looked at me sympathetically.

"You *could* use a change," my husband said. "Why don't you take a little trip?"

"Gee, Mother," said my youngest, "I'd love to think up some ideas for you. You should get out and do more on your own."

The combination of tolerance and almost patronizing concern made me madder. I couldn't even shock them anymore!

I called my sister Estell.

"I'm going to run away from home," I told her.

"Good," she said. "I'll keep you company. I'm bored and restless, too."

It took a lot of effort to go through with our plans. I postponed leaving twice. Meanwhile, my family was making a special effort to praise me and reinforce what they thought was my temporarily bruised ego. *(continued*


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It's Not Easy

continued

What finally convinced me to go was when I overheard one of my daughters saying, "Mom sure is playing her Mary Martyr role a lot these days!"

How dare she borrow the phrase I had coined for the girls' adolescent sulking and turn it back on me? I wasn't being a martyr. I was just feeling useless and used and on the shelf.

One bright June morning I announced I was going and departed. I must admit I had cooked some meals and put them in the freezer so my family wouldn't starve. I also made sure all the laundry was done. I pushed out of my mind the specter of potential family crises—appendicitis attacks, automobile accidents, fires in our tricky basement. (I didn't leave an itinerary. Not out of spite, but simply because I didn't know where I was going.)

I made the three-hour trip across Oklahoma, and picked up my sister.

"Where are we heading?" she asked.

"Let's just go," I said. "We don't have to worry about anybody except ourselves."

And so we went, rambling down Oklahoma's country roads, over Arkansas' Ozark Mountains. We stopped when we felt like it. That evening I registered at a hotel alone for the first time in my life. I felt thrilled as I signed my name with a flourish.

One thing we hadn't anticipated was the pleasure of eating in restaurants. Someone else to prepare *our* meals and wash *our* dishes!

While we enjoyed sight-seeing, my sister and I talked about our lives. Ever-practical Estell urged me to stop fighting and just settle down into my new household routine. But I needed to rediscover the woman behind the beleaguered wife and mother. Life had happened without much direction from me. I had always expected my family to fulfill my every need. It was time for new challenges.

After a week of driving, I wondered how things were going back at the house. I missed my family. I had traveled much farther in my mind than the miles we had driven. It was time to turn my car toward home.

"I had changed"

As I pulled into the driveway, my family had just finished the last meal from the freezer. The clothes hamper was overflowing. It was good to be back with my family. The lesson I had been trying to teach them was how much they needed me. Obviously, they did need me. As I scrubbed the bathroom, I realized that everything at home was still the same. It was I who had changed.

What I discovered is that being needed and taken for granted is really a matter of interpretation and mood. I and I alone am responsible for how good or bad I feel. When I am happy about myself, I feel needed.

My childish act had made my family think more about my feelings, too. They agreed they had sometimes taken me for granted. The girls still love to tease me about being their "runaway Mom." We laugh about it now—Mom's summer of discontent.

In the fall, Pam and Karen returned to school. Dillard began his teaching career. Did Mary Martyr stay home and drown in self-pity?

Not a chance. I enrolled in the fall term at a local college and today I'm a busy student, working toward a degree in social services. Like the rest of my family, I have new beginnings, too. **E**

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DIALOGUE

By Maureen Cannon

Words are the enemy, you say. To trust
The antic, wayward movements of the tongue
Is what the fool must do because he must.
Beloved, listen: I have walked among
The sounds and shapes of words, their colors, all
The long unsilent days. They are to me
Triumphant bridges, leaps across the wall,
The reachings out to touch—no enemy.
And, trust me, these are truth's.
If yours must g
Unsaid, caged where you've locked them and you, dumb,
Must speak in other ways, I beg you know
I hear you still. But, darling, there are some
Like me, less strong perhaps, whose loneliness
Has need of words. Ah, do not love us less
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Can This Marriage Be Saved?

Alice was miserable at work. Harold was miserable at home. When a husband and wife are so down all the time, how do they learn to cheer up?

By Betty Hannah Hoffman

"Why Can't We Find Happiness?"

This case is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit, educational counseling and research organization with a staff of 70 counselors. The true story reported here is drawn from counselors' reports of interviews. Names and other details have been altered to conceal identities. The counselor this month was Dr. Edward C. Peacock, Executive Director.

ALICE'S TURN

"I've worked in my husband's business for ten years," began 41-year-old Alice, a slender, almost frail woman with blond hair and wide blue eyes. "Now I want out," she continued, "and he won't let me go.

"I bitterly resent having given the best years of my life to Harold's dream. He invents medical lab equipment and then peddles it around the country. I keep the books and run the office, but I don't care a fig about business and making money. I'm an artist. Now I'm afraid that it's too late to pursue my own goals. I'll never catch up.

"I also regret not spending more time with our two children. I started work when they were six and eight; now they're teenagers. Our daughter, Mary, is painfully shy and afraid to walk the six blocks to school alone. So I drive her back and forth every day, despite Harold's disapproval. He says I'm just making her more fearful and dependent.

"Like Mary, our son, Paul, barely scrapes by in school with *C*'s and *D*'s. For a time, Paul was active in soccer and the drama club, but suddenly he dropped out of everything. Then when we started checking we found out that he was spending his afternoons smoking pot.

"Harold handled the problem in his usual dispassionate way. He had a long talk with Paul, not blaming him nor even insisting that he stop smoking pot, only pointing out some of the possible dangers in its use. I can tell our son is still smoking, because he's more passive and less interested in school than he ever was.

"A major bone of contention between Harold and me is how I've raised the children. He believes their time should be tightly structured and they should be given definite responsibilities. When the children were small, for example, he would draw up elaborate lists of household chores, along with rewards and punishments. He'd give them ten cents for a bed properly made, but he'd deduct a dime if they didn't do it right. And then he'd go on the road for weeks at a time, selling equipment, and expect me to enforce all his silly rules.

"Actually, I'm totally opposed to bribing and punishing children with money. I believe they only learn by example, and since I loathe housework myself, how could they possibly learn to be neat from me?

"Neither Harold nor I grew up in a normal family, so it's hard to know how to be a good parent. He was orphaned at an early age and raised by a strict aunt. My father deserted my mother when I was seven, and she was forced to put me in a foster home.

"I hated my foster parents. They made me work on their run-down farm from morning to night. My foster mother had no sympathy or understanding for a young girl. For instance, when I was ten years old my breasts suddenly began to grow, to my intense embarrassment. She drew attention to my freakishness by buying me women's dresses at the Salvation Army store and cutting them down to size. I'll never forget how I was teased and taunted at school because of those clothes.

"My real mother was a beautiful, high-spirited woman who married a number of times—but never for long. I spent my dreary days on the farm longing to see her. About once a month she'd come for a visit. After those visits, my foster mother would tell me Mother was a tramp who had abandoned me. She did everything she could to destroy my love for Mother and my hopes of ever being rescued.



"I didn't live with Mother again until I was in my senior year in high school. By that time, I was buying my own clothes with money I earned baby-sitting. I had a gorgeous figure, so I was told, but I never quite believed it.

"Mother is now in her sixties and still beautiful. She's also vain, critical and self-centered. We have a stormy relationship with lots of shouting matches, which leave me shaken and teary for hours afterward.

"I resent her, I guess because she never *(continued)*


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Can This Marriage Be Saved?

continued

ed me any guidance or encouragement. It was a high school
ner who helped me win a scholarship to an art institute in
York. There, I really blossomed. I was no longer a burden
nyone, and for once I was popular.

had a wonderful time in college. I loved every minute of
hen, in my senior year, I met Harold, who was thirty-two
a highly eligible bachelor. He dazzled me with his charm,
before long we became lovers. Soon after that, to our
or, I became pregnant.

lthough still a college student and burdened with debts, I
nded to have my baby. I continued to go to school and
uated with high honors. Fortunately, my condition didn't
y until after Harold and I were married.

or the first seven years of our marriage, things went
thly. Then Harold decided to go into business for himself.
Before long, he had me typing and running errands all day
. It was supposed to be a temporary arrangement, but
ks stretched into months and finally into ten years.

Harold always puts his business first. He thinks nothing of
ing thousands into the office but is a perfect skinflint when
mes to our home, which is a dark, dingy place that I
ise. Take the master bedroom, for instance. It's right next
ur son's room and the walls are so thin you can hear right
ugh them. I thought it might revive our love life to fix it up
insulation, a thick carpet, a sexy velvet bedspread and a
eo sound system. Harold vetoed the whole thing. We
dn't afford it, he said. Yet he moved the company into new,
ious offices with wall-to-wall carpeting.

was so furious at his rejection that I gave away our double
and put a single bed in our room. Now Harold is forced to
p in the den. He rarely comes home from work until
night, and then his insomnia keeps him awake.

Naturally, we don't have much of a sex life anymore. Truth
ell, I don't feel the least bit sexy. With all our problems,
dropped thirty pounds and I look like a scarecrow. Harold
plains about my skinniness and, just like Mother, he's
ys criticizing my hair or clothes. The last time he said
thing complimentary was during our vacation, which also
pens to be the last time we made love.

We've been married for almost twenty years now, but I can't
tinue this way. I'm totally fed up. I don't see why we have
live in a hovel like miserable paupers, denying ourselves all
fe's pleasures. Why should I work so hard for so little? Why
t we find happiness?"

ROLD'S TURN

There's no way I could have accomplished what I have
nout Alice's help," began Harold, a dark-haired, dis-
guished-looking man in his early 50s. "In the office," he
tinued, "we have no problems. We work together like a
fectly tuned machine. At home, on the other hand, every-
ng is unstructured and chaotic.

Our house is so disorderly, I don't dare entertain friends or
iness associates. In every corner there are cartons of records
stacks of old magazines that Alice plans to clip someday. The
ise plants die for lack of watering, the sink is overflowing
h last night's dishes and the beds are unmade. We have two
n-aged children who do absolutely nothing to help. I'm the
y one who tidies up.

Unlike Alice, I was brought up in a neat, orderly house-
d. Actually, it was the home of a maiden aunt, the person
o raised me. My father died when I was five, you see, and
mother, who never recovered from his death, spent the rest
ner life on one sea cruise after another. She drowned at sea,
fact, when I was twelve. Since I hardly knew her, I didn't
l any loss.

continued

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Can This Marriage Be Saved?

continued

"Because of my background, I'm son thing of a loner. If I hadn't met Alice, probably still be a bachelor—marria was not in my plans. But then Alice pregnant, and I had to do the right thin

"It's ironic, in a way, that sex broug us together, because it has been a sour of frustration for us both. Six months aft our marriage, Alice told me she did enjoy sex and she used to cry after made love. Even today, after ninete years of marriage, the whole subject sex is so emotionally charged that I fi myself backing away.

"Also, I must admit, I don't find h nearly as attractive as I once did. She's painfully thin, it's like getting into b with a bag of bones.

"That reminds me of another so point—I don't even have a bed. Seve years ago, Alice wanted to spend seve thousand dollars fixing up the mast bedroom. At that point, the business w on the verge of bankruptcy, as she w well aware. I told her we couldn't affo to fix up the bedroom. The next thing knew, she had given away the handson four-poster double bed that had been my family for generations. She moved single bed into our room and told me could sleep in the den. I felt terribly p out, but I said nothing.

"Lately, there seems to be a wall of between us. Things are so strained I c feel her tense up if I even stroke her ar She says I'm away too much, that I p the business first when I should be thin ing about her and the kids.

"It's true that I put in long hours. B I'm working for all our futures. Also, would be easier to spend more time home if home were more of a refuge want peace and companionship. But wh I have is a wife who needs constant re surance and attention—she's insatiable yet gives very little in return.

"The kids are no bargain, either. fact, they've been bitter disappointmen to me. Alice never instilled in them t qualities they need to succeed in life, li self-discipline and perseverance. They both highly intelligent, but have no int est in developing their minds.

"Compared to home, my office is pa dise. Alice and I even seem to get alo better there. Her personality changes soon as she sits down at a desk. Sh calm, neat and efficient.

"I'm willing to let Alice quit if that w save our marriage, but I worry about wh will happen to her when she's on h own, without the office routine. Soon t children will move out, and she'll faced with an empty nest. She talks abo taking up painting again, but I wond

(continued on page

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Can This Marriage Be Saved?

continued from page 26

She has great artistic talent but not enough self-discipline to develop it, I fear."

THE COUNSELOR'S TURN

"On a surface level, Harold and Alice were bound together by a desire to achieve recognition through hard work. Harold was an obsessive-compulsive individual who was able to drain off his sexual needs by driving himself unmercifully. Alice, while proud of her work record, felt there was something missing in her life and often retreated into depression.

"Harold and Alice had a similar problem—a fundamental feeling of loss. Both were abandoned at an early age. Harold by his parents' deaths and Alice by the desertion of her father and then mother.

"People who have been abandoned or rejected in childhood tend to be deeply attracted to individuals who will mistreat them. Thus, Alice constantly interpreted Harold's actions and words as proof that he didn't really love her because she felt unlovable. So she became highly self-critical and careless about her appearance, and isolated herself. Harold, although he needed love desperately, reacted to her withdrawal by deciding he was inadequate as a lover. In effect, they recreated in their marriage the cruel and punitive atmospheres in which they grew up.

"At work, Harold treated his wife like an object to be ordered around, just as her foster mother had. Characteristically, women who are treated in this manner lose their femininity; they tend to become dowdy, grossly underweight (or overweight) and chronically tired. This was true of Alice, who gave in to Harold's demands but showed her resentment by making him miserable at home.

"Harold had been so hurt by his abandonment as a child that he completely turned off his feelings. By the time he was twelve, he was able to totally deny any reactions to his mother's death. By middle age, he was almost totally blind to his need for love. And he had so little regard for his worth as a man that he meekly acquiesced when Alice gave away their double bed, signaling the virtual end of their sex life.

"Because he was so out of touch with his own feelings, he couldn't respond to Alice's needs. He didn't realize, for example, how truly unhappy she was with their home. Only on vacation, when they were away from the house she despised, would she allow herself sexual pleasure.

"Given Alice's strong feelings, it was essential to arrange frequent weekends away. At first Harold objected to the cost, but soon admitted that he did treat himself royally at work, but impoverished them of intimacy and love.

"As therapy progressed, they both realized why their children were underachievers. The children saw two parents working at top efficiency who brought home only sadness and alienation. If these were the payoffs for hard work, why bother?

"Alice's desire to quit the family business involved a certain risk to the marriage since it was work, rather than intimacy, that bound them together. Harold, for his part, was agitated about her leaving because he feared that if she did, she might also leave him. This uneasiness led him to examine the basic pattern of their marriage and to admit, at last, his fears of abandonment. Alice, whose fragile self-esteem was so tied up with her work, had reason to be anxious, too. They are still working on this decision.

"Alice and Harold won't solve their problems overnight. They both need consistent, long-term therapy to examine and overcome their deeply buried feelings of rejection. Fortunately, they are determined to rescue their marriage, and they can see the damage the "rejected child" syndrome has done to their relationship. But before they can stop punishing themselves and each other, they must accept themselves as worthwhile, caring individuals—not just at work but in all areas of their lives." **End**



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SALLY FIELD REVEALED

The Best Actress of the Year has motherhood and an ever-expanding career. But her dreams of domestic stability are still shadowed by her stop-and-start romance with Burt Reynolds.

By Eileen Stukane

Sally Field looks up from the catcher's mitt she finds herself holding and stares quizzically at its owner, a towheaded boy with his index finger in his mouth and his head sheepishly lowered. "You want *me* to sign this?" she asks. A barely perceptible, golden-haired nod tells her "yes." "Well, all right, but this isn't like having Willie Mays's signature," she says, as she pens her name on the leather thumb. The tyke, who appears to be about the same age as Sally's eight-year-old son, Eli, tucks the glove under his arm and flees. Although she doesn't say the boy reminds her of her own blond dynamo, she must think it.

Ensconced in the lower depth of Alabama to film her latest movie *Back Roads*, Sally is occupied by her work, but her mind is also on her "men." And though the 33-year-old actress' new role is that of a loose-living, Southern lady of the night, the real Sally Field is more akin to the highly principled Norma Rae, the role that won her an Academy Award.

You can count the men in Sally's life on one hand and still have digits left over. Let's see. There are her two sons, Peter, aged ten and Elijah, and there's her much-publicized beau, actor Burt Reynolds. For a while, around the time of the Academy Awards, her relationship with Burt seemed about as stable as the Mt. St. Helens volcano, but now his name comes up in conversation regularly, easily, as if he has never stopped being a quasi-member of the family. Tonight, however, Sally's menfolk are many miles away, and the trailer to which she retreats during breaks houses mementos, not the real people.

"Dear Mom, I hope you have a happy Mother's Day. I don't think you will all the way over there. We wish we were there. Love, Eli."

The penciled love letter is taped to the oven door in the trailer. A present from Burt—hard candies fashioned into a flowerlike bouquet and decorated with at least a dozen yellow streamers that say *Happy Mother's Day, Sally*—are in a vase. The name *Eli*, in big block letters, jumps from a blue-sky-rainbow drawing on a rear wall.

Wearing the spike heels, slit skirt and cleavage-revealing top of her streetwalker role, Sally can only guess what all her "men" are doing in California. Like most working mothers, Sally lives with the conflicts of combining parenthood and career, but knowing how she arrived in this position—"I had nobody, *ever*, to support me"—she's determined to be disciplined enough to be both a good mother and a great actress at the same time.

"There isn't a day in my life that goes by without my thinking, 'How selfish of you, you should just be a mother.' But I probably set myself up not to have any option. There was never any money coming in other than what I made. I had to work. So sometimes I do feel, *(continued)*



Photographs by Harry Langdon

SALLY FIELD

continued

of course, terribly guilty. Especially when my children write school compositions like the one my son Peter did just recently. It was called 'My Mother,' and it said all this good stuff about me. 'My mother does this and she does that . . .' but then it ended with, 'but she works all the time, so she's gone a lot.' It was like someone had chopped off both my arms," says Sally, the hurt obviously still with her. "My little boys know how to play me like a harp when it comes to traveling away from home. I try to say, 'Well, other kids don't get to come to locations,' but it always comes down to me feeling really bad about it." Eli and Peter had already spent an 11-day stretch with Sally during her five weeks in Mobile, and in another week they would be joining her until the completion of the film. Sally also had company on the occasional weekend when Burt flew in from Atlanta where he was filming the movie *The Cannonball Run*.

Burt remains an ever-present force in Sally's life even though the Academy Awards may have had them at odds for a while. In fact, their difference of opinion about what the Oscar means may still not be completely resolved.

It was no secret that Burt had hopes for an Oscar nomination for his part in *Starting Over*. Sally, who had never said anything about wanting an Oscar, received not only a nomination, but the Best Actress award. When she walked to the podium to accept her gold statue, Burt was conspicuously absent.

Hollywood insiders claimed that his professional jealousy had caused their breakup. But whether or not this was true, Sally, a very changed woman since her days as the Flying Nun, would not be fazed by such an attitude.

"Not tough, just strong"

"The part I like best about me is the part that's strong, not tough, just strong," says Sally. "I think it's very typical of women who have a great deal of personal strength to think it's unattractive. I spent my whole life hiding my strengths for fear they would put down people who didn't have them. I particularly thought that men would reject my strengths if I showed them, because they might think I was an 'emasculating female.' It took a long time, but I was finally able to say, 'Too bad. If you don't like me the way I am, go find somebody else. I happen to be good at what I do.'"

Still, even with the strength of her newfound conviction, Sally admits to the "*very, very* large conflict" the Academy Awards created in her relationship with Reynolds. "Burt thinks I really went out after that Oscar, because he thinks the award is so important. I don't. To me the work is the important thing, and no matter what I do or say, I can't make him see it differently. I'm not putting down the Oscar or saying that I'm not thrilled to death for having won it, because I am. But had I not received the award, I wouldn't have felt that my work in *Norma Rae* wasn't good," says Sally thoughtfully. She refuses to say that she was even competing with other actresses, much less the man she loves.

It is obvious that Sally feels that no one should be as sensitive as Burt is about awards. "I don't put myself in the position to be hurt by an award. That would be like lying down in front of a train and saying, 'Run me down.' You can't do that.

"There is no way you can know why you won an award like the Oscar. You can't set out to win one. The Oscar isn't awarded for the performance as much as it is awarded for the role. I don't think it was *Sally Field* winning the Oscar, it was Norma Rae. Norma was an unbelievable tour de force and had a more gripping effect than, say, the pleasing role Marsha Mason played in *Chapter Two*. The two characters are so different. You can't judge. How do you know if I'm a better actress than Marsha Mason?"

Sally is unswerving in her conviction. Perhaps it was this strength that convinced Burt to tape an interview for NBC's *Today* show in what seemed to be an attempt to clear the air. He talked about Sally and said, "I love her very, very much. I was actually totally overjoyed about her winning the award regardless of what you read in the press." Burt went on to say that, added to the everyday ups and downs that everybody has, was the enormous pressure of Sally suddenly coming from the backstretch and flying past in one year."

Did he mean past him? Did he, a man, resent the enormous success of the woman to whom he was close? Perhaps. But it's not as simple as that. All along, Burt wanted stardom for Sally. As she herself has acknowledged, Burt taught her how to dress, how to talk, how to put on her makeup; he put her in his movies and chose her roles. As he said on the *Today* show, "I read the *Norma Rae* script and I said, 'the envelope please.'"

Having had a mentor himself in Dinah Shore (Reynolds dated the actress, who is 19 years his senior, for five years), Burt knew what he was doing. But how does Pygmalion feel when his Galatea walks off with the honors? Perhaps the short rift in an otherwise stable relationship reflects the difficulty.

Today, though, as Sally discusses the real camaraderie that exists between Burt, Eli and Peter, it is evident that the Oscar blow to the relationship was not a fatal one. When Sally and her children visit Burt at his ranch in Jupiter, Florida, the three males can be found playing football at the beach, or basketball, or just roughhousing around town, while Sally stays home cooking, reading and relaxing. "A lot of things have come into my sons' lives that might not have been there if I hadn't met Burt," says Sally. "I was really down on the whole business of religion, but from knowing Burt—he's very spiritual—I realized that I should be more open-minded about it, for my children. So I involved them in the discussions that Burt and I were having on the subject. I wanted their minds to be open, I wanted them to hear other opinions, so they could decide for themselves."

Inner direction

When the boys aren't around, Sally phones them daily. (When Burt isn't around, she checks in with him, too, by phone.) Sally is at once devoted to her family and possessed by her work. But these two sides of her life do not often play guilt-ridden tug-of-war games—today her life has inner direction, she is "centered."

Sally attributes the focus she has to motherhood. Before that she was floundering. Her parents divorced when she was four years old and she always felt she was responsible for their happiness. She endeavored to be eternally perfect and happy and animated for them rather than be the real child who needed parenting. "I felt I had to take care of everybody, that I had to lighten everybody's life."

Sally met her first husband, Steve Craig, when she was 14; he was like a brother to her. They grew up together and finally married in 1968 when Sally was 22. But Sally claims that she hadn't yet learned to relate maturely to another person. It was only when her son Peter was conceived that she felt she was honestly relating to another human being.

"Peter was the first person in my life that I was honest with," explains Sally. "Our relationship began very early, when he was still inside me. I've always been so secretive, hidden, even from myself. Even when I was in school I sometimes felt compelled to run into a ladies' room cubicle just to be with myself. Alone, I could talk and be with me. Then I'd feel all right and I'd go out into the world.

"Well, when I was pregnant with Peter, it was like the dream I'd always had. I had a little person in my pocket, so to speak, who was my friend, my heart. I could say, 'I don't like that person, do you?' 'No, I don't like him either.' 'Well, why don't you like him?'" She instinctively pats her tummy as she talks. "There was my whole self, all the ugly, good, right, wrong, all the evaluations were gone. Peter turned into my alter ego, another part of me."

For Sally, motherhood was the event that pulled her life together; she sees it as an instant maturation process. She explains: "Peter changed my whole self-image. My existence was altered by him," says Sally. "The *(continued)*

"Are you kidding? Switch toothpastes? Lover boy here needs his fluoride paste."



"He can still get cavities. So he still needs a fluoride."



"Ah, Mom, I want a gel for fresh breath."



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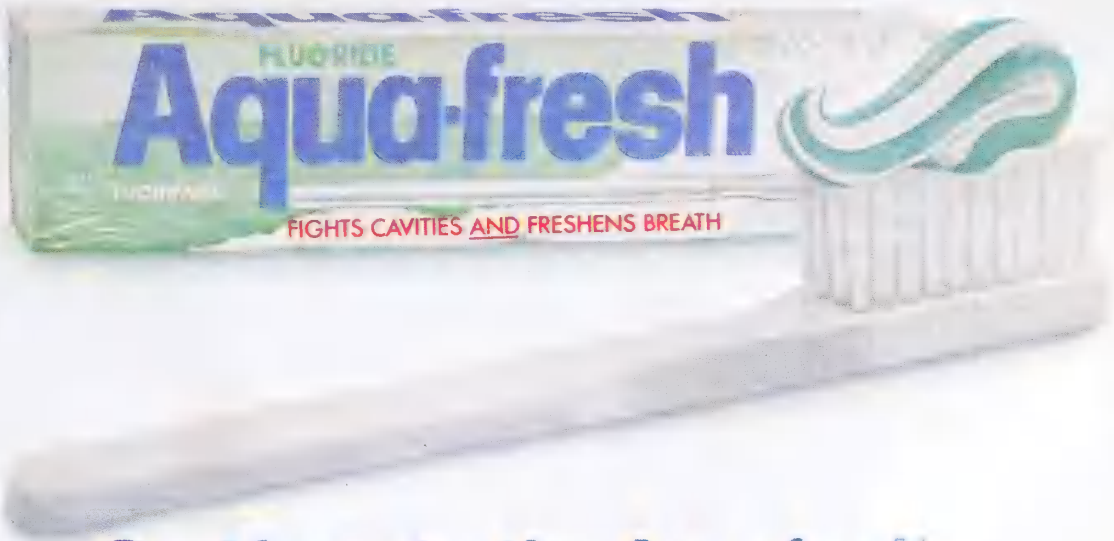
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SALLY FIELD

continued

mother side of me came out fully, and a mother, to me, is someone who is totally capable of taking care of herself and her children, someone who is not a victim anymore in society. She can't afford to be. If she's a victim, then her children are."

During Sally's seven-year marriage to Steve he was a college student and she was the breadwinner. She walked around wishing that the financial responsibility wasn't hers, but it was, and she was fearful that if she stopped working they'd be destitute. She was committed to finishing *The Flying Nun* television series, and her mother, Maggie Field Mahoney, a former actress herself, looked after Peter while Sally slipped into her winged habit. "It tore me to pieces at first to have to go back to work," says Sally. "I was raised to be a mommy—not a working woman."

Needed to grow up

Then, in 1975, Sally left TV sitcoms, immersed herself in learning her craft and divorced Steve Craig. "We both needed to grow up," says Sally, reflecting on her broken marriage. "I was taking care of Steve in a way that was dwarfing him and he was taking care of me in a way that was keeping me from being everything that I could be, wanted to be."

Steve and Sally have worked out a very informal visitation arrangement. Sally describes it as a "whoever wants whatever, whenever," agreement. And Sally doesn't mind being the disciplinarian for her children. She's aware that she's turned into the rule-setter, the one who says "go to bed, do your homework and do it now." She even laughs about the boys having "one huge vacation" when they visit their father, Steve Craig.

Sally Field is at an enviable stage of life these days. She has reconciled her absolute "need" to act, with her desire to be a full-time mother. Now, as one of today's most sought-after actresses, she's in a position to choose her roles. As *Norma Rae* and *Back Roads* director Martin Ritt says, "She's the best actress we've got." But Sally, who is proud of what she's achieved, still remembers the long, difficult climb to the pinnacle.

"There was a time, just after Eli was born, when my anger at everything—the responsibility of raising two children, the hiding of who I am, the limping in front of the lame, the compromises within my own home and in my work—came bubbling out. I was reaching the point where I wanted to pursue my dreams." And on one particular occasion, Sally vented her frustration on Eli, who hadn't slept through one night of his eight months on earth.

"It was in the middle of the night, and I threw him down on the bed. Not in a way that he could get hurt, but falling is one of a baby's big fears," says Sally, slowly, carefully. She doesn't want to be labeled a new Joan Crawford of *Mommie Dearest* fame as she relates the incident. "I know my anger affected him. He cried that intense cry that a child cries when he's very, very frightened. Of course I held him and tried to make it up, but soon after that he started to hold his breath and have epileptic-type fits. His body would go into spasm, his back would arch and his face would become grotesque and turn blue, blue." Sally pauses and takes a long breath. "I know, as I sit here on this bed," and she hits the bed with the palm of her hand, "that he did that because it was his way of fighting back. He felt my anger and a child has no other way of defending himself."

Sally would hold him and soothe him, tell him not to be afraid, but she was afraid. Afraid to send him to nursery school. Afraid to have anyone take care of him. As a result, Steve watched over Eli in his toddling years, and the father and son still maintain a special, close relationship. The seizures stopped when Eli was three and a half.

"It's funny. I knew the seizures would stop," says Sally. "I had a feeling they would end when Eli was old enough to release his anger verbally." Sally waves her arms, wags her tongue, and imitates Eli's yelling in nonsense syllables. "He just gets real mad." Eli still has a hot temper, to which Sally responds by throwing up her arms as if someone had told her to "stick 'em up" and says, "I don't know where it came from.

"I have a need for my children," Sally reflects. "They are two of the people I feel closest to in my life. I *need* to talk to them. Sometimes when I'm upset, I go to them and talk about it."

Doesn't hide anything

It's not unusual for single mothers to find themselves in quandaries about how to handle dates, sex and their children. Sally doesn't hide anything from her boys, but then, she doesn't have a parade of boyfriends. "The only person I've dated since they've been conscious of that sort of thing is Mr. Reynolds," she says with quiet aplomb. "Burt is really the only person I've been with other than my husband. I've been with him four years, since Eli was four and Peter was six. So he was already there as they became aware of men and women. We don't live together, but there are times when we're all together in his house in California or at his ranch in Florida. Burt has been part of the family for as long as Peter and Eli can remember."

When the boys have questions about sex, then, do they go to their father or to Burt? "They come to me," says Sally. "I'm the verbal person. I remember Peter and his boyfriend one time telling a giggly school joke that had something to do with menstruation, and I knew that the had no idea what that was. They were a in the car, two ten year olds and an eigh year old, and Eli—of course, it's alway Eli—said, 'What's that?' I tried to ex plain, as well as I could, trying not to b embarrassed." By explaining other joke as matter-of-factly as she could, Sally ha become a fount of information for Pete and his friends. "I'm not so sure it's tim for Eli to know," says Sally. "I feel that it good to stay innocent, until nature say it's time to know."

The boys go to Burt for other informa tion. "To a certain extent he's a fathe figure to them. He's another example what a man does," says Sally. "They go t him to talk about football, sports, athlet heroes. 'Do you know him?' 'What's h like?' That kind of 'guy' thing."

As Sally talks about Burt—his role her family, his attitudes about religion even the Academy Awards—one detec an enduring quality to their relationshi a quality that is achieved through exper encing day-to-day life and its mileston together. Obviously, however, the r mance still holds its surprises for th Academy Award-winning actress who sa she was "stunned" when she heard Bu say, "I love her very, very much" when h appeared on the *Today* show.

"I had never heard him say that public," Sally admits, still incredulo that he openly expressed his feelin "Burt has always been the opposi [closed], especially about me. He wou never talk about us and would never eve intimate that we were an 'exclusive iten He always played it cool. When I sa him say that on the *Today* show, I w shocked and surprised. I know what meant for him to say what he did."

Does Sally feel, then, that Burt is the verge of proposing? "He and I ha talked a great deal about that issue," is she'll say. But one gets the feeling th she would enjoy having Burt on th premises a little more often. "I don't ha a normal relationship with a man in n life, at least not one that seems norma one in which you all live together in o big house and he goes to work and com home every night. So I'm alone a lot says Sally. "Burt and I work so much, sometimes spend more time talking the phone than we do with each other."

Sally, it seems, is primed for futu stability. "I dream of having a home, real home, surrounded by people y love, where all your possessions and e erything you value are around you: home you walk into, shut the door a sigh, because you're safe. I don't ha that. I don't have anything remotely clo to that," says Sally wistfully, glanci around the room. "I couldn't create home for myself even when I was ma ried. I don't know how to make that ki of existence for myself, but I think I ready to try, only because I want it badly."



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How Tough Should Parents Be?

Teenagers are in trouble. Mothers and fathers are in turmoil. What are today's guidelines for dealing with youngsters who push rebellion too far? By Judith Ramsey

The boy's father broke down and wept. He and his wife were about to sign a court order designating their son as "uncontrollable," allowing authorities to place the 15 year old in a teen-age shelter.

In three years he had gone from being a good student and a helpful, active member of their family to an alienated, drug-addicted high-school dropout. He had introduced his younger brother to drugs, and threatened his father with a knife during an argument. A psychological evaluation showed he was not mentally disturbed—just very rebellious. The court had felt a cooling-off period was best for everyone concerned.

This true story is not commonplace. But the shocking thing is that it is not rare, either. In family courts across the country, files are filled with similar cases. Parents pushed to their limits have done what at first seemed unthinkable: admitted they can no longer cope with their children and thrown them out of their homes.

Fortunately, most of us are not driven to make such painful decisions. But when it comes to teen-age rebellion, many parents are confused and very worried. Some have teenagers who are just plain defiant, while others have youngsters with more serious problems—they are school dropouts, drug addicts or sexually promiscuous.

As everyone knows, adolescence is always a time of accelerated sexual, emotional and social development, a time of excesses and experimentation. It's natural at this age to seek to define one's own identity and values, and break the dependency bond with one's family. But how much rebellion can parents take? How much *should* they take? What's normal these days anyhow?

A growing number of family counselors see a trend toward more serious forms of teen-age misbehavior within the family. They feel this makes the job of parenting much harder—that parental authority is being eroded.

> "My parents raised five children. They encouraged us to work hard and achieve more than they ever did. We repected them and never took what they did for us for granted.
>
> "My two younger sons pay more attention to their older brother than they do to me. Whenever I express my opinions, they act as though they barely tolerate me. Whatever happened to 'Honor thy Parent.'?—*Commercial artist and father of three boys.*

"These days, young people don't just talk back to their parents, they regularly defy their authority," declares Philip Vail, executive director of the Maryland Children's Aid and Family Service Society. "Many parents have lost confidence in their ability to discipline their youngsters. Either they cave in too

(continued)





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How Tough Should Parents Be?

continued

one parent. Though joint custody and custody by fathers are becoming more prevalent, the one parent is usually a divorced mother. She almost always works full-time because she has to.

> By the time I get home from the office, my children have been out of school for three hours. There's no way I can keep track of what they're doing. I'm sure that my 16-year-old daughter is having sex with a boy in her class, and that my 13-year-old son hangs out regularly after school at the local pool hall."—*Divorced working mother with two teen-aged children.*

An almost equal number of youngsters are raised in what sociologists call blended or reconstituted families in which one spouse is a stepparent.

"In many of these new-style families, the potential for problems is greater," notes Judith Lang. "In single-parent families, without the presence of a second adult, it's harder to be a disciplinarian and be accepted as a role model. In blended families, friction and conflict may erupt more frequently. The child often goes back and forth between the homes of his two divorced parents. So if he has a fight with one, he can always turn to the other."

Increasingly, youngsters are looking to their peer group for reinforcement of their own values and behavior. From TV, movies and rock music—which provides a peer group of millions—today's youth gets a variety of messages. An important one is *Do whatever you want*.

Drug use, sexual standards, occupational goals, marital relationships and child-rearing are the major areas in which parents and children differ sharply, according to James Walters, professor of Child and Family Development at the University of Georgia, and editor of a specialized publication on family relations. For example, though most parents still disapprove of sex for adolescents, a recent survey indicated that one third of all girls and nearly half of all boys were sexually active before they reached 16.

In general, teenagers today are less likely to consider their parents as role models for marriage and child-rearing. Often they see adults espousing one set of rules and practicing another. Witness the frequency with which couples get divorced, date, have extramarital relationships and remarry.

> "Whatever I do, I don't want to be like my mother. She's a housewife. My father left her after twelve years of marriage. She's depressed and claims she's too old now to get a good job.
>
> What happens if I get married and have kids, and my husband and I get divorced? Will I have to raise them all by myself as my mother did?"—*A 17-year-old girl.*

Financial burdens have also taken their toll on the American family. Amitai Etzioni, professor of sociology at Columbia University, maintains that poverty is an even more influential factor in contributing to delinquency than broken homes.

Unfortunately, our communities and schools do very little to ease the strain on the family. In many suburbs, youngsters are virtually cut off from social and extracurricular activities unless they are old enough to drive or their parents shuttle them back and forth. Schools are much larger, more departmentalized and impersonal than ever before.

> "In junior high school I knew everyone in my class. At the regional high school, which I attend, there are 700 kids in my class. Most of my teachers know nothing about me except my name. Sometimes I think they don't care if kids really understand the work as long as they get passing grades."—*A high school sophomore in Chicago.*

In a recent poll, high school students ranked drugs and delinquency as the two greatest problems they see in their schools. A national sampling of high school seniors revealed that 31 percent of the boys admitted to having used marijuana before the tenth grade. Though crime and violence in the classroom seem to have leveled off, experts do not expect any major improvements in the difficulties our students face.

Raising your teenager

What can parents do to minimize stress and conflict with their adolescent children? How can we be both understanding and supportive and at the same time assert our authority?

For years, the advice most often given by family therapists was: Establish house rules that are appropriate for your child's age and maturity. Set limits. Back up the rules with fair punishment if necessary.

Very good advice indeed, especia
where younger children are concerne
But how do you make the rules stick wi
a recalcitrant teenager who may be b
ger, more manipulative, perhaps bett
educated and more verbal than you?
their late teens most young people balk
rigid rules and schedules.

In households where parents a
youngsters have affection and respect
each other, these differences can often
settled amicably. Much of the time,
least, teenagers will go along with a
quest—even if they're against it—just b
cause their parents asked them.

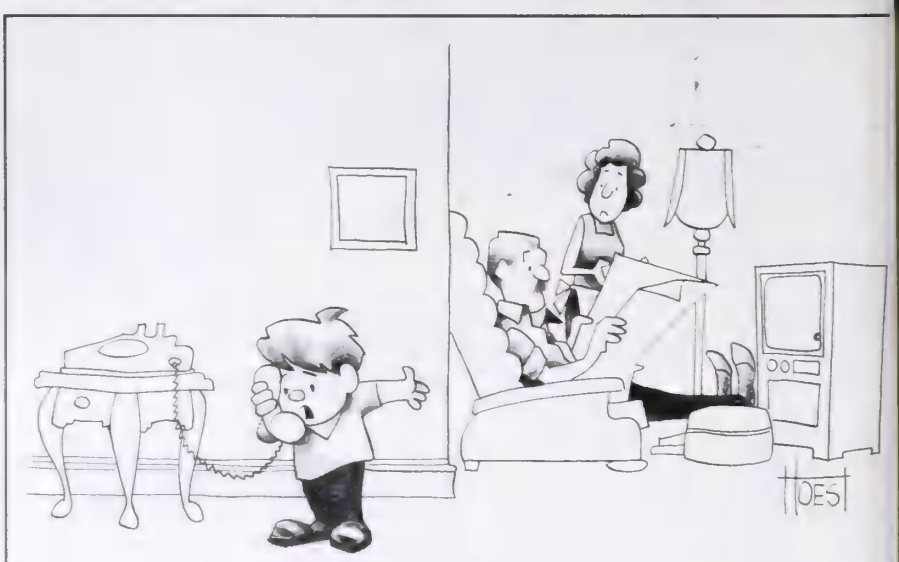
Yet, unfortunately, too many you
people circumvent family rules and a
thority. For them it's fight or flight. Sor
openly defy their parents. Others esca
parental authority altogether by runni
away. More than one million teenage
leave home each year. Most retur
Some, however, do not.

"As hard as it is to accept, when
youngster runs away it's usually becau
his parents made him feel unwantec
notes Mary Rinkus, supervisor of Fam
Services, Associated Catholic Charities
Washington, D.C. "With appropria
counseling, it's often possible to bri
parents and children back together."

In extreme cases, however, parer
may be driven to the most traumatic de
sion imaginable—to demand that the
child leave home.

> "When Karen reached her teens, she started drinking and became sexually promiscuous. The situation came to a head when Karen took the family car and had a serious accident.
>
> "Overburdened by grief, guilt and anger, her parents asked Karen, then 17, to move out. Today she lives with another girl and has a part-time job. She's receiving therapy. Her parents pay for part of her expenses."—*Case provided by the Maryland Children's Aid and Family Service.*

(continued on page 15)



"But I think we should tell our parents, Mervin. They're going to find out on the 10 o'clock news anyway."

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LHJ's His-and-Her Diet

A foolproof formula for couples who want (and need) to lose weight together. Here's how to subtract extra pounds *without* adding stress and strain to your happily married life. By Freddi Greenberg



Illustration By Naiad Einsel

Dieting alone can be awfully lonely. You've tried it; your husband has tried it. But too often these solo ventures never get off the ground: The non-dieter feels too guilty and the dieter too deprived. Losing weight in a group, on the other hand, is frequently better for your morale and for your waistline. So how about a group of two? It makes perfect sense to choose a partner who is also your partner in life—your husband.

We've created a diet program just for couples who want to lose weight together. With somebody there to cheer you on, both you and your husband may be pleasantly surprised to discover that dieting can actually be fun. Consider the advantages: Together you will learn to identify—and change—the eating patterns that have sabotaged you in the past; together you will develop mutual support systems that can give you a whole new attitude toward food.

Before you start the His-and-Her Diet (check with your doctor first, of course), face up to the pitfalls that await even the most loving couples.

- Don't police each other. If one of you falters, the other shouldn't feel "betrayed." After all, whether you succeed on this diet is ultimately your own individual responsibility. You can't be your husband's keeper—and he is not yours.
- Don't get too competitive. A bit of healthy rivalry is okay—it can even spur you on—but you shouldn't get carried away. If he comes home and confesses that he went overboard on a business lunch, don't start acting superior. It will only make him feel *more* guilty, and that won't help either of you.
- Don't use food as a weapon, or to stifle feelings you'd rather not express openly. When he's late getting home, do you angrily devour a bag of pretzels? Does he down a pint of ice cream on the night before a big business deal? Sit down and talk about what's really troubling you.

(continued)

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His-and-Her Diet

continued

Together, take a close look at how you use, and abuse, the food you eat.

On this diet, as on any other, it takes compromise to come up with a workable plan. If you like fish and he prefers steak, keep those differences in mind and make sure that your meals emphasize dishes you both enjoy. At the same time, draw up lists of the forbidden foods either one of you simply can't resist—and resolve never to have them in the house.

Stick to simple meals that don't take much time to prepare. The longer you linger at the stove, the more likely you are to nibble. And by all means try to devise a sensible division of labor when it comes to shopping, cooking and cleaning up. There's nothing as depressing—and possibly diet-defeating—as coping alone with the five P.M. supermarket crush or being the only one in the kitchen at the end of a long, hard day.

As you establish your new eating routine, recognize and accept the obvious physiological difference between you: Men can eat larger amounts and usually lose weight faster than women. We take this fact into account on our program by allowing men 1,500 calories and women only 1,200. But we also recommend that the man consume his extra 300 calories at lunch or snack time, when most couples don't eat together. At breakfast and dinner, the menus are the same for both.

On the psychological side, too, women and men may respond differently to a diet. For example, when a husband drops five pounds and his wife only two, it's easy for her to feel downhearted. And when a woman's menstrual period is due, her nerves are apt to be on edge, water retention makes her feel "fat," and often she's assaulted by sudden cravings for forbidden foods, especially carbohydrates. The husband's support becomes particularly crucial during these difficult days of the month.

Many couples, especially when both have jobs away from home, don't have much time to spend on breakfast and lunch—a couple of simple, standard menus are usually best. For these meals, therefore, we've only supplied a few basic guidelines; the details are up to you. Just make sure that the man "spends" his extra 300 calories on lunch or a snack, so that your portions will be evenly (and happily) balanced at the evening meal.

Since dinner is the meal you and your husband are most likely to share, try to make it one of the high points in your diet partnership. You'll see from the menus we suggest this page that calorie-conscious meals can be quite festive—we've even included a diet dinner party. And if you have children, these menus can easily be adapted to youthful appetites. Just give your kids an extra helping of rice, pasta or bread, be generous with oil, butter and salad dressing, and not too stingy with the ice cream scoop.

It is true, however, that cooking to save calories is a little different from preparing your usual fare; it may take getting used to. Here are some tips to help:

- How *much* food you eat is just as important as *what* you eat. If you don't already own a kitchen scale, invest in one. With this invaluable tool, you won't have to depend on guesswork: The correct portion size is spelled out for you in ounces and pounds. And when you're measuring, keep in mind that one pound of raw, boneless meat, fish or poultry yields about 12 ounces when it's cooked.
- Meats may be broiled, boiled, poached, baked or roasted, without additional fat. For sautéing, use a nonstick pan and add a small quantity of broth, water or vegetable juice.
- Vegetables may be eaten raw, or you can serve them steamed, simmered or baked. Again, no butter or oil should be added, but you may use low-calorie Italian-style salad dressing—pour it over cooked vegetables for a great, almost zero-calorie snack.

THE HIS-AND-HER DIET

1,200 Calories for women
1,500 Calories for men

Basic Breakfast

1 serving high vitamin C fruit or juice—choose from:
- 1 whole orange or tangerine
- ½ grapefruit
- 1 cup unsweetened berries
- 4 ounces orange or grapefruit juice
- ½ small cantaloupe

1 serving protein—choose from:
- 1 egg, boiled, poached or scrambled, no fat
- ¼ ounce hard cheese (like Cheddar)
- 2 ounces cottage cheese

1 serving carbohydrate—choose from:
- 1 thin slice enriched white, whole wheat or rye bread
- 1 ounce dry or cooked cereal with skimmed milk (no sugar)

Basic Lunch

Protein—choose from:
- meat, fish or poultry—3 ounces for women, 4 ounces for men
- cottage cheese—4 ounces for women, 6 ounces for men
- hard cheese—2 ounces for women, 2½ ounces for men

Carbohydrate—men choose any 3, women choose 1:
- 1 thin slice bread
- ½ cup cooked vegetables
- 1 serving fresh fruit

Basic Dinner

Protein—4 ounces cooked meat, fish or poultry
Carbohydrate—1 cup any cooked vegetable (see list that follows) or ½ cup cooked rice, pasta or potatoes
Dessert—1 serving fresh fruit, ½ cup canned fruit or applesauce (packed in own juice or sweetened), ½ cup ice cream, ice milk, sherbet or frozen yogurt

SNACKS
In addition to any of the unlimited foods, include the following snacks:
Fresh fruit—2 servings for women, 3 for men
Skim milk—2 cups for drinking and/or using in coffee, tea or cereal

UNLIMITED FOODS
Herbs, spices, mustard, Worcestershire, soy, pickles, raw vegetables (see list that follows), clear broth, clear low-calorie dressing with fewer than 3 calories per tablespoon, lemon juice, vinegar, diet soda, black coffee or tea.

SALADS
Salads in menus count as raw vegetables (unlimited), plus any of the unlimited seasonings.

FRUITS
1 medium apple or orange; 3 small apricots; small banana; 1 cup blueberries, strawberries or raspberries; ½ small cantaloupe; ½ grapefruit; 1 cup diced papaya; 2 medium peaches; small pear; 1 cup diced fresh pineapple; 3 small plums; 2 small tangerines.

COOKED VEGETABLES (1 cup each)
Asparagus, green beans, wax beans, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collards, mushrooms, kale, okra, onions, peppers, spinach, summer squash, turnips.

RAW VEGETABLES (unlimited)
Cabbage, carrots, celery, cucumbers, endive, escarole, lettuce (all kinds), onions, peppers, radishes, spinach, tomatoes, watercress.

MEAT, FISH AND POULTRY
Lean beef; chicken; turkey; lean lamb or pork chops (leg or shoulder); chicken, beef or calves liver; veal; any variety fresh or frozen fish (not smoked); clams, mussels, lobster, shrimp, canned tuna, salmon or sardines (drain oil).

Two Weeks of His-and-Her Dinner Menus

Week 1:

MONDAY
Broiled chicken
Broccoli with garlic
Green salad
Frozen yogurt

TUESDAY
Grilled hamburgers
Stewed eggplant and tomatoes
Green salad
Vanilla ice milk sprinkled with instant coffee

WEDNESDAY
Soy steamed scrod fillets (Sprinkle fillets with soy sauce, chopped garlic and ginger; steam ten minutes until fish is opaque.)
Spinach cooked in chicken broth and sprinkled with scallions
Cucumber and carrot salad
Pineapple

THURSDAY
Lamb kabobs (Marinate ½ lb. lamb cubes in red wine, onion, garlic, oregano for hour or longer before broiling.)
Steamed yellow and green summer squash
Sliced tomatoes and red onions
Melon sprinkled with ginger

FRIDAY
Spiced tomato juice or hot beef broth
Niçoise salad (7 ounces drained, canned, water-packed tuna, 6 cups torn lettuce, red onion, red or green pepper, sliced cucumbers, 2 cups cooked green beans, ¼ cup grated Parmesan cheese, low-calorie Italian dressing.)
Breadsticks (2 each)
Ice cream

SATURDAY
Flank steak
Baked potato and chives (no butter)
Broiled tomatoes
Green salad
½ grapefruit

(continued)

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C Report DEC. 79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



His- and-Her Die

continued

SUNDAY
Hot chicken broth with slivered carrots, ce
ery and mushrooms
Roast chicken
Baked acorn squash (share 1)
Green beans
Fresh fruit cup

Week 2:
MONDAY
Hot sherried beef broth
Broiled chicken livers (Marinate or brus
with soy sauce, sherry, fresh or groun
ginger before broiling; garnish with sca
lions before servng.)
Stewed mushrooms, onions, celery an
water chestnuts
Cucumber salad
Sliced oranges and strawberries

TUESDAY
Meatballs and spaghetti squash (Simme
meatballs made from ½ pound lea
ground beef in 2 cups tomato sauce; sea
son with basil or oregano and serve ove
squash.)
Grated Parmesan cheese (2 tablespoon
each)
Mixed green salad
Fresh pears

WEDNESDAY
Chicken Cordon Rouge (Broil 1 large bone
less, skinless split chicken breast—abou
⅓ lb.—for 2 minutes. Turn and broil
minute longer. Top each half breast with
thin slice of ham and Swiss, Fontina o
Jack cheese; return to the broiler unti
cheese melts.)
Steamed carrots and zucchini
Cherry tomato and basil salad
Ice milk or apricots

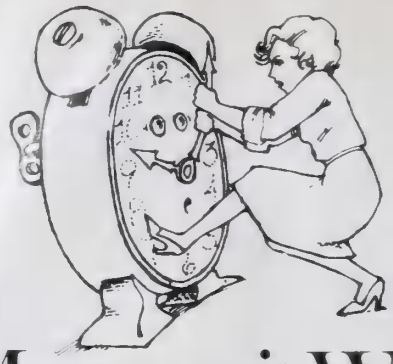
THURSDAY
Veal Parmesan (two 4-ounce patties o
ground veal, baked in 1 cup tomato sauce
and sprinkled with 2 ounces each grated
mozzarella and Parmesan cheese.)
Escarole steamed in lemon, chicken broth
and garlic
Green salad
Ice cream sprinkled with 1 teaspoon rum
and instant coffee

FRIDAY
Mustard-and-dill broiled fish
Steamed new potatoes and green beans
Cabbage salad
Frozen yogurt

SATURDAY NIGHT DIET DINNER PARTY
Raw vegetables with cottage cheese, yogurt
and herb dip
Broiled or baked chicken, marinated in
garlic and lemon
Sautéed zucchini, onions, mushrooms and
red peppers
Green salad
Fresh fruits of the season

SUNDAY
Tomato consommé
Roast beef
Spinach, onion and raw mushroom salad
Steamed cauliflower
Melon, strawberry and peach compote **End**


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THE TIME OF YOUR LIFE: Manage it Wisely

Do your exciting career and household responsibilities leave you little time for the joys of hearth, home and romance? Take time to find out how to fit it all in. By Diana Silcox with Mary Ellen Moore

It's now a fact of life: Women are working—and their men are accepting it. But just as women are learning the importance of reserving time for themselves amid the pressures of work, children and household care, they must also learn to make time for romance.

The key to achieving a balanced schedule that includes time for your husband or the special man in your life is communication. You're right—he is a rational adult, but communication involves more than simply telling him why you can't spend more time with him; it involves discussing how you can spend more time together.

Now that women have won some measure of equality—even in the home, since men are beginning to enjoy two-paycheck marriages and the stimulation of active and interesting women—they should take some time to communicate their needs to their partners, and work on spending more relaxed "quality" time together.

Dr. Sarah Slagle, who counsels working couples, has observed changing attitudes among them: "There's no question that the phenomenon of women in the work force has already changed the traditional family structure enormously. I don't think any of us really realize the extent to which this change has taken place," observes Slagle.

And how are people reacting to these changes? Slagle sees much variability, depending on where they were in their life-cycle when the changes began to occur. "Younger couples who live in large cities are working out more egalitarian relationships with respect to sharing household tasks," Slagle explains, "whereas suburban couples, who were older when the changes began, often have more conflict. A man who has been accustomed to having his wife at home is more apt to feel threatened when she goes to work."

Here again, communication is the key to resolving conflict. Often, in the course of honest communication, men and women discover that their partner does not expect them to be "superwoman" or "superman." Once this is brought out into the open, a husband may be convinced by his wife not to take the top-level management job that requires him to travel one week out of four and work 10-hour days. A couple who set out to develop a balance between their family and working lives will find their own relationship enhanced.

"I'm in that situation myself," admits Slagle. "And what it takes is sitting down—frequently—and doing a lot of talking about what is working well and what still needs to be modified in achieving a workable balance at home.

"A sample mini-discussion in our house recently went something like this: 'I'm not too happy with the way the boys are looking when they go off to school in the morning,' my husband told me one morning. My suggestion was that we both get up 15 minutes earlier: I would lay out the boys' clothes while he fixed breakfast. So far, the solution is working quite well."

This is an example of how a small detail can be worked out. Forging a basic structure, however, takes long hours of discussion. Goals and personal priorities must be set. Frequent evaluations of new lifestyles are necessary. But mapping out new patterns forces couples to think about priorities in a way that traditionally married couples never did.

Always remember, though, to include your spouse in your own priority-setting sessions. Obviously, in considering your quality-of-life plan, it would be somewhat self-defeating not to include your mate in that planning session. Though it seems silly to make "dates" with a man you've already married, taking each other for granted can push a couple further and further apart, until it becomes too late.

The women who make the effort to schedule time for their husbands or boyfriends, Slagle discovered, are usually the women who have either saved faltering marriages, or are still romantically in love with their men.

"Because romance is a high priority," says one single working woman, "I do schedule it in. My boyfriend and I have set aside one night a week as a standing date. That way, we know we will have time to spend together doing something we both enjoy, be it in his environment or mine."

Aside from their regular weekends together, one married couples' "favorite treat" is to meet in the city for dinner or a vigorous game of tennis. Another couple say they make it a point to have dinner together, no matter how late the other works. One woman relates that after having her second child, she and her husband began to lose touch. But talking it over helped. They devised a plan to spend at least one evening a week *alone*, away from the children—even if that evening only means a short walk together after dinner.

In addition to regular communication, there are some specific things you can do to make time with your husband:

(continued on P.S. 6)

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"WE'D NEVER PUT OUR BROWNIES IN A LITTLE TIN BOX."

Carole Levine, Brownie Troop Leader.

As you can see, the leaders of Brownie Troop #1900 in Los Angeles have a lot of responsibility. So when it came to choosing troop transportation, they were very tough cookies.

As one of them puts it, "I must have frustrated half the car salesmen in southern California looking for the right station wagon. The ones I looked at were so small and tinny. No way would I ever feel safe driving a bunch of girls around in any of them."

One by one, each of these Brownie leaders ended up at a Volvo dealer. And today, Troop #1900 travels around in a Volvo wagon train.

According to one of the other leaders, "I was sold on the Volvo wagon the minute I saw it. I knew the girls would fit very comfortably inside and there would be plenty of room left for their gear. When I drove the Volvo, it wasn't all over the road like other wagons I'd driven. It offered great visibility. And it just plain felt solid and safe."

If you're looking for a station wagon you can feel good about putting your kids in, join Troop #1900. Buy a Volvo.

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America's Gardens Stately and Delightful

You can wander down fragrant paths in the woods, gaze at the changing leaves and exotic flora or read beside a lily pond at a botanical garden in your area. By Suzanne Wilding



The scented walkways and lush alcoves make Longwood Gardens in Pennsylvania a joy to visit.

Cool, crisp autumn days are a perfect invitation to the many beautiful and unusual public gardens in this country. There are hundreds of landscaped acres on view all over the United States, from mammoth estates like Longwood Gardens in Pennsylvania, to mini-parks in the cities—all within comfortable range of public transportation or the family car. The brilliant colors of leaves and flowers, the shimmering pools of water and the sweet fragrant air will leave you with a feeling of freshness and vigor to enjoy and remember.

Longwood Gardens in southeastern Pennsylvania, close to Wilmington, Delaware, is truly a horticultural fairyland. The garden dates back to 1798, when the owners, on land granted to their ancestor by William Penn, planted exotic foreign species among the native American trees.

Pierre Samuel du Pont bought the farm in 1906 to save it from being sold to a lumber company. He made Longwood the finest display garden in the world, and endowed a foundation to insure the garden's future after his death.

Today Longwood is as magnificent as ever. In the midst of 350 acres of outdoor flower beds, sunken, classical gardens with marble fountains, rhododendron walks, centuries-old woods and an outdoor theater are four acres of glassed-in conservatories. In the autumn, the main conservatory is filled with dozens of overhead hanging baskets spilling over with colorful chrysanthemums. At the ballroom entrance, thousands of tiny white Anna mums cascade over the doors, while on the lawn, two little rabbits made of minute flowers nibble on the green grass. (Longwood Gardens, Kennett Square, Pennsylvania 19348; telephone: 215-388-6741; $3 admission fee for adults, $1 for children ages six to 4; free for children five and under.)

The New York Botanical Garden in the Bronx, one of the city's five boroughs, is a relic and reminder of the virgin woodland now replaced by a great metropolis. Within walking distance of the subway and flanked by a busy arterial highway are 250 acres of forest—especially delightful in the fall. The Bronx River flows through the woodland and fields, and there are a few small but impressive waterfalls that visitors can sit by and listen to the sounds of water surging against the rocks.

The Botanical Garden's conservatory was built in the 1890s, and is an American rendition of the Crystal Palace, the star of London's Great Exhibition of 1851. The 17,000 panes of glass look like a diamond encasement, sheltering the 11 galleries inside, each devoted to a different theme of nature. The conservatory is magnificent today because it was recently completely refurbished at the cost of five million dollars. As you pass by palm groves, fern forests, waterfalls, lilies of the field and brilliant desert flowers, you'll feel as if you are traveling from one corner of the earth to another.

Also of note here is the Snuff Mill, one of America's first snuff factories, now a restaurant. (New York Botanical Garden, Southern Blvd. and 200th St., Bronx, New York 10458; telephone: 212-220-8700; admission is free to the park, $2.50 for adults and 75 cents for children and senior citizens to enter the conservatory.)

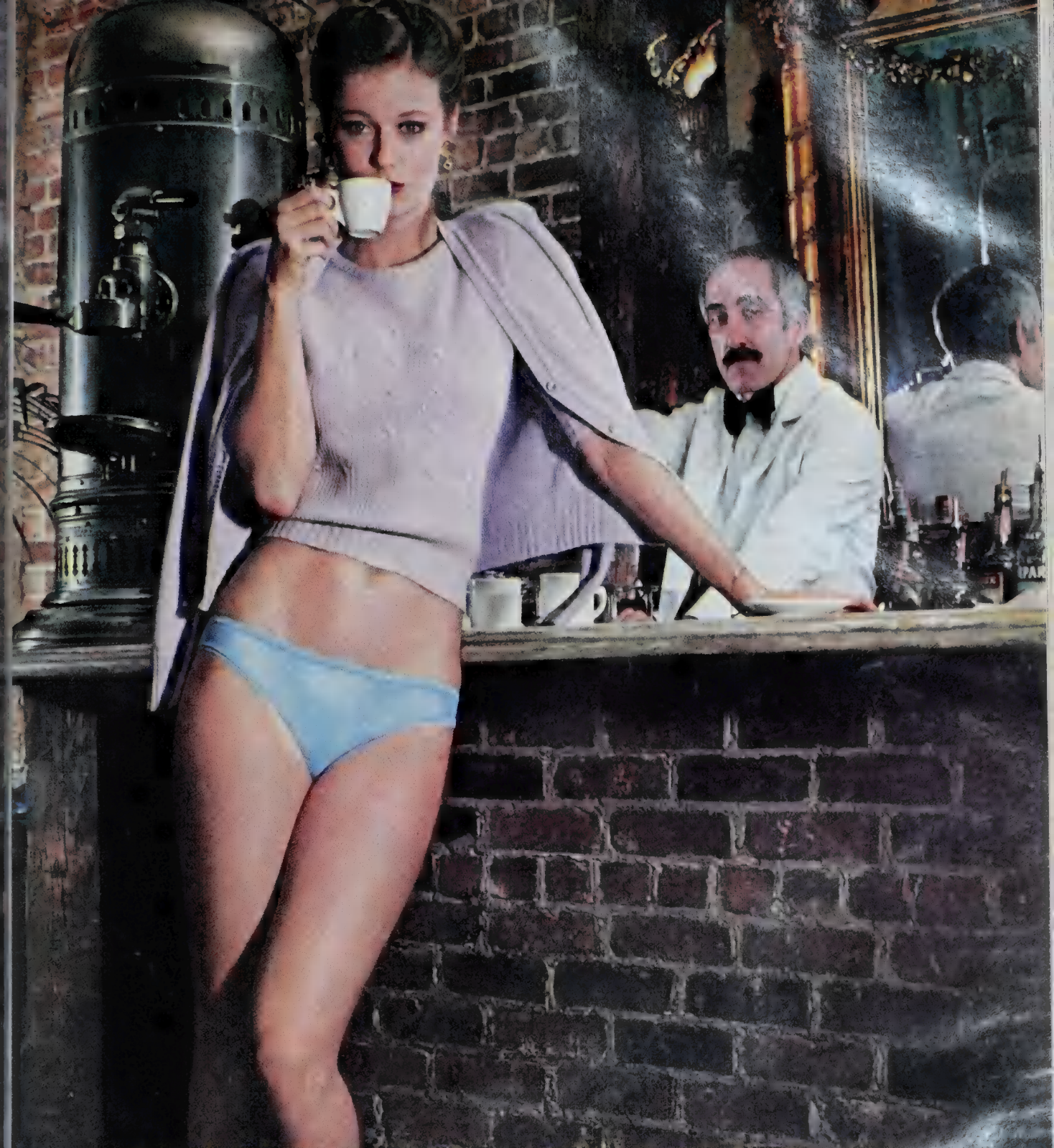
The Huntington Botanical Garden in San Marino, California, near Los Angeles, is a garden for all seasons and tastes. The greatest collection of desert plants in the world is here, but in contrast, there are also lush growths of azaleas, roses and camellias. Of historical interest is the Shakespeare Garden, filled with the plants and flowers mentioned in Shakespeare's plays.

A Japanese and Australian enclosure gives a glimpse of design preference from the other side of the world, and the adjacent lily ponds are filled with tropical water lilies and lotus. A museum, which was once the home of railroad magnate Henry E. Huntington, is filled with many rare paintings and manuscripts, including a Gutenberg Bible. (Huntington Botanical Garden, San Marino, California 91108; telephone 213-681-6601; admission is free.)

The San Antonio Botanical Center is not only a treasure for the eyes, it is also one for those who can touch and smell but cannot see. In a special garden for the blind, a fountain statue by Michael Naranjo, a Pueblo Indian sculptor blinded in Vietnam, overlooks flower beds planted waist high and contained by gracefully curved walls. Wooden handrails, cooler than metal under the brilliant Texas sun, guide the sightless visitors.

The plants in each bed are identified in Braille and are there to be touched and smelled. The odors of rosemary, oregano, lavender, santolina, mountain laurel and native Texas sage make a symphony of fragrances. (San Antonio Botanical Center, 3310 North New Braunfels, San Antonio, Texas 78209; telephone: 512-824-9981; admission is 75 cents for adults, free for children under 13.)

For more information about public gardens, write to the Garden Club of America for their *Guide to Public Gardens* (598 Madison Ave., New York, N.Y. 10022, $3.50). *(continued on P.S. 6)*



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TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!

AMERICA'S GARDENS: STATELY AND DELIGHTFUL

continued from P.S. 4

A VISIT TO THE WHITE HOUSE GARDENS

Not many people go out for a late night jog around their yard, but the President and Mrs. Carter occasionally do. Day or night, the Carters love to be outdoors. Few first families, in fact, have used the White House yard as much as the Carters.

The 18-acre property is quite a compound, with manicured gardens, expensive lawns, tennis courts and a swimming pool.

But the yard has not always been in this condition. In 1800, First Lady Abigail Adams described it as "wild wilderness." Eventually the acreage was landscaped with rare plants and greenhouses were built. Today, the White House has a park-like setting with many shady trees and a few special gardens.

One of the Carters' first requests upon moving in was to label more of the trees on the White House property, so they could become familiar with the various species. They also had



You can tour the White House grounds and perhaps spy Amy Carter playing in her tree house.

THE TIME OF YOUR LIFE: MANAGE IT WISELY

continued from P.S. 2

•Plan a night, a weekend, a week that you will be together alone. Review your lives, both separate and together. This is the time to renew your priorities, enjoy each other. This time together could be as simple as an evening in a restaurant.

•If you can't afford household help, integrate your chores with time for him. But work with your husband on this. Ask for his help, don't demand it. Take into consideration the responsibilities he already handles (car maintenance, yard upkeep, heavy-duty house repairs). Don't demand perfection, just as you're learning not to demand it of yourself.

•Send the children to a friend's, relative's or co-op member's house for an evening (repay them in kind), and have the night free to spend with your mate.

•Examine current habits. Are too many cocktails and too much TV putting you out of the mood for romance?

•Be aware of your peak periods. Many of us have energy peaks that could be better used on romance than on cleaning a bathtub.

Fruitful communication, planning, quality time together: These are the basics when it comes to keeping a two-paycheck marriage or romance happy.

But don't forget spontaneity. Let yourself go once in a while and be impulsive. Forget the dishes now and then and take a walk together instead. Is it rational to be so inflexible about housekeeping that as a result you sacrifice time with the person you love?

End



Or put our Sociables® and Swiss Cheese snack crackers together, and head for the patio... because you've got a swiss cheesy, crunchy combination that's as good as the summertime!

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TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!

Carters enjoy. The President and Mrs. Carter have, in the past, taken time to come outdoors to say hello to visitors.

The next Garden Tour will be held this fall. To find out the exact date, call the White House at 202-456-7041; no tickets or reservations are necessary to be part of this tour. The entrance is through the East Gate on East Executive Avenue.—JUDY NAFTULIN

TODAY

By Sandra Gales Shapard

You take me through time
touching me
and turning me loose
you always seem to know
which one to do
today.

You take me through time
holding me tight
and giving me space
you perceive my needs
better than I
today.

You take me through time
filling my cup
then drinking the wine
you are teaching my heart
that time is ours
today.

veral trees planted, including their favorite, white dogwood. There are three gardens at the White House: the Rose arden, the Jacqueline Kennedy Garden and the Children's arden. The Rose Garden is next to the President's office and used for small, official ceremonies and receptions, as well as timate, formal dinners.

The Jacqueline Kennedy Garden

The Jacqueline Kennedy Garden is more often used by the irst Lady for her official duties and entertaining. Like the ose Garden, it is planted with colorful flowers and trees, ong with neatly pruned hedges. There is also space set aside r growing herbs, which are used regularly by the White ouse chef.

In the Children's Garden, a small, shady spot put in by resident and Mrs. Johnson in 1969, are birdhouses, a goldfish nd water lily pool and small-scale furniture for the children of he White House.

The Carters prefer informality when entertaining on the roperty, choosing picnics over any other kind of outdoor get-gether. Even the Carter children hold picnics for their iends on the White House lawn. Concerts, too, are fre-uently held outside, complete with seating and a portable age.

Amy Carter does what most kids do in their yards. Although he has taken diving lessons and enjoys the pool, recently her ttention has turned to roller-skating on the paths that meander hrough the property. Amy also uses her tree house for reading nd entertaining her friends. Occasionally, she even sleeps up here, too.

The Garden Tour

Two weekends a year, the Carters and the White House onsor a Garden Tour. On these tours the general public can njoy the First Family's yard and see all the special areas the



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WOMEN TAKING STOCK

Information for the woman investor
By Allan Edwards

Allan Edwards is a businessman with a 30-year record of successful investments in his own behalf. Your questions on the stock market will be answered as space permits; Mr. Edwards regrets that he cannot respond personally to unpublished letters. Send your questions to "Women Taking Stock," Ladies' Home Journal, 641 Lexington Ave., New York, N. Y. 10022.

Dear Mr. Edwards: I know this sounds ridiculous, but I have heard that if I throw darts at the newspaper's financial page and purchase the stocks they hit, those stocks would yield better results than others purchased through more conventional methods. Is this possible?—Mrs. L.G.P.

Dear Mrs. L.G.P.: The dart-board theory is an amusing academic exercise with very limited application for the serious investor. During a period when the majority of common stocks are moving up, a blind purchase could out-perform, for a limited time, a carefully selected portfolio. But there is no substitute for analyzing economic trends and industry factors as they relate to an individual company's outlook for sales and earnings growth.—*H.T. Birr III, Chairman, Birr, Wilson & Co., Inc.*

Dear Mr. Edwards: Many of the stocks I am studying for possible purchase do not yield as high a dividend return as the interest rate in a savings bank. Why should I invest in stocks?—Ms. R.F.

Dear Ms. R.F.: When you put money in a savings account, you are making a loan to the bank in which the principal is guaranteed (perhaps even insured) by the federal government, and the interest rate is established and promised by the bank. When you buy common stock, you become an owner of the company, and your subsequent fortunes, over a period of time, will be related to its success or failure. A stockholder's dividends and principal are not guaranteed. If your company does well, the dividend and stock price should increase. If it falters, the dividend may be eliminated, and the stock price may decline.

Protecting your savings in an inflationary world requires some risk-taking. Owners of common stock assume a risk in the expectation or hope that their dividends and principal will be increased, thereby protecting or even enhancing the purchasing power of their savings.—*David W. Hunter, Parker Hunter, Inc.*

Dear Mr. Edwards: What is a stop loss order? How is it used?—Mrs. R.B.N.

Dear Mrs. R.B.N.: A stop loss order is an order to a broker to sell your stock at a predetermined price, either to prevent losses or to insure profits. For example, you might buy a speculative stock for $50 a share, and simultaneously place an order to sell it at $45, preventing a loss that exceeds $5 a share. Another use is to insure profits. If a stock purchased at $50 goes up to $60, you might put in a stop loss order at $55. This means a profit of at least $5 a share.—*Allan Edwards*

Dear Mr. Edwards: Is it true that more women own stock than men? Why? Are there differences in the way women and men approach investment?—Ms. B.L.

Dear Ms. B.L.: More women do own more stock than men, probably because most women live longer, and they inherit their husbands' portfolios.

Your last question is more difficult to answer. A demographic survey probably would show that the average age of women stockholders is significantly higher than male stockholders. Most women are looking for income from their stocks and tend to hold more conservative or "blue chip" shares. They are not as likely to trade them as often as men, perhaps making women the wiser investors.—*Ronald McK. Melvin, Vice-Chairman, Blunt Ellis & Loewi, Inc.*

Dear Mr. Edwards: I am retired, so I have time to watch the stock ticker in a brokerage office. Once in a while the tape reads: "Trading halted in XYZ stock because of an order imbalance." What does this mean?—Mrs. P.T.S.

Dear Mrs. P.T.S.: In reality, orders are almost always out of balance on the floor of the exchange because of the temporary disparity between the number of stocks available for purchase and the demand for them. For example, at the same time a seller is offering 100 shares of a particular stock, a buyer may be asking for 200 shares. A member of the exchange, called a specialist, takes the bumps out of this irregular flow. To maintain an orderly market, the specialist stands ready to buy or sell a particular security, within a relatively narrow price range.

This is what happens most of the time. The situation you referred to in your letter, on the other hand, is abnormal. When the ticker tape announces that trading has been halted due to an order imbalance, it is not a question of 100 shares versus 200, but more likely 100 shares versus 20,000. This might occur when there is a sudden change in the company's outlook, or a new trend in the market.—*Werner E. Keller, Vice-President, Wedbush, Noble, Cooke, Inc.* **End**



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LIV ULLMANN ON CAMBODIA

New Hope for an Anguished People

Amid sadness and desolation in the Cambodian refugee camps, there are promising signs of rebirth. Actress Liv Ullmann visited the survivors with a relief agency. Herewith, her report. By Irma Kurtz

The tiny nation of Cambodia had been shut off from the rest of the world for four years. But last year, when the curtain was finally lifted, the world confronted human suffering that stunned even those who saw the dazed survivors of the Nazi holocaust.



Photograph by P. Tatiner Liaison/Gamma

Journalists, who entered the country for the first time since its long isolation under a hostile despot, uncovered a grim, if not bizarre, spectacle: The nation's clock was stopped. All vital signs of normal life were cut off. The landscape was ravaged. The population had dwindled to one-half its size and the desperate survivors were starved, diseased, totally neglected. The once culturally-rich Cambodia was left with no schools, no hospitals, no markets. In addition there was hardly a weed left to be harvested. There was nobody left to nurse or doctor or teach. It was a nation choked of life signs, robbed of spirit.

As reports filtered out of Cambodia, relief groups in the West began to form. Among them was a group of international volunteers who traveled to the frontiers of starvation at the Thai/Cambodian border. There, refugee survivors had set up camp to await help. Actress Liv Ullmann, who went with the group as "a concerned woman and mother," brings back a tragic, though not completely despairing, report. Her findings are moving and uplifting; her message, even in such desolation, is one of hope.

I am sitting with Liv Ullmann in a pl ant room on a cool, sunny day just months after her return from Cambo But the atmosphere around us seem dissolve as Liv begins to describe, vivid and moving detail, what she sav the Cambodian refugee camps.

"There was a separate ca for lepers," Liv begins. "A remember an old, old l lying all alone on a mattr She was crying like a ch but the moment she was l and cradled, she stopped ing. She sighed, the wa baby does when you pic up, and the moment she let go, she began to cry ag The wonderful thing was t the nuns in that camp organized themselves so woman was held and c forted twenty-four hours a The image of that frightened old lady those wonderful people who cared for is at once haunting and wonderful.

"The camps were shocking, yes," c tinues the actress, her English lightly pleasantly accented, "but being there v an enormously moving and—in a g sense—shattering experience. I saw a of suffering, a lot of hopeless people. bed, smaller than the one I have in apartment, was the *home* for a family seven, not only the people, but all th belongings as well. One bed for sev people. But then I saw wonderful thin too. I saw how these families cared their elderly grandmothers. I saw sm children comforting even younger ch dren. I saw a tenderness within the fa ily that showed me how much their ciety has to offer ours."

Although Liv had already served on committee of performing artists who h raised $200,000 for Cambodian aid, t recent trip was her very first experien in the field.

"Imagine," she says, "before I left, greatest fear was that I would have to sha a room with somebody else on march." She laughs. "Can you *(continue*



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LIV ULLMANN ON CAMBODIA
continued

believe that? As it turned out, we were twenty-two visitors and workers sharing one room!"

The group adjusted to their crowded quarters quickly. "We were all sharing the experiences of a family, and yet we were strangers from all over the world," recalls Liv. "We would talk about life and death. Elie Wiesel, the writer and survivor of Auschwitz, was there and he said to me, 'When we were in the German camps, if we had known that somebody outside the barbed wire fences remembered us and thought about us, it would have been much easier to survive.'

"If ever there was an end to human loneliness," Liv observes, "it was during those incredible days at the Cambodian refugee camp. There, in the camps, people had suffered and were still suffering, yet they were helping one another selflessly. The Cambodians were as caring for total strangers as they were for their own family members."

Liv traveled through the camps for three weeks, and although she was primarily there as an observer and a representative for the International Rescue Committee, she soon found herself drawn in and participating.

"The children were so eager to play," she continues. "They *needed* to play. So I began to clown with them. I'd run, they'd chase me. I'd hide, they'd find me. For me the experience was quite a revelation, because I went in thinking there was nothing I could actually do on the campsite and that my value on the mission was only as a fund-raiser and celebrity. But then I saw that there *was* a tangible function for me. And I plan to return to organize playgrounds, to continue working with the children."

Just a few months before Liv's arrival at the camps, the very children she playe with had been listless, swollen from ma nutrition and dying. All of them had rel tives who had starved to death in th early days of their exile. Liv's litt friends were alive only because of ou enormous response to their plight. It w Western aid that had, literally, kept the alive.

"But in a way," remarks Liv, "there wa something terrible in the knowledge th the West was keeping them alive, be cause we knew that if people stoppe giving, those happy children would b starving again in less than a month. W are their sole lifeline. But unfortunatel the reality is, causes go out of fashion. W forget and children die in the shuffle."

Destruction of tradition

There are forces as terrible as starva tion, although much more subtle, tha threaten this exiled and oppressed na tion. There is, for example, the loss o history, folklore, the destruction of tradi tion. "There are still many people wh hope the Cambodian culture can be res cued and freed. But if that is to happen, says Liv, "they must keep their childre and teach them. They are such beautifu children! At first, with the best inten tions, I thought, 'I want to take five o them home, or ten of them, or twenty . . .' But then I realized that would be a crime. Those children are the future, i there ever is to be a free Cambodia."

Most volunteers who go out to work in the camps find the level at which they are most needed, and often, even to thei own surprise, they discover within them selves reserves of great virtue.

"I met a young man there," Liv ex plains, "a volunteer from America. Hi name was Peter. He had gone to one o the biggest camps and he saw there were no schools there. In just five days he had built and organized eleven schools, and gotten some of the Cambodian adults to hand-write their books and stories from memory so that the Cambodian literature would not be lost.

"That American boy was doing such an important job, and I don't even know his last name. Even if I did know it, he would hate me to use it. He wanted to do his job, but he did not want to be praised for doing it."

Liv remembers another young American she met. He had been drifting along the "hippie drug trail" through Asia when he came across a photograph of a starving Cambodian baby. Even through the haze of drugs, the boy was so moved he set off immediately for Bangkok, Thailand, and there he volunteered to do any work at all for the refugees, no matter how menial, no matter how unpleasant. Taken at his word, he was assigned to clean out the latrines in the camps, and he did this uninspiring job with so much energy, that when Liv met him fully five months later, he was totally off drugs and *(continued)*

GIFT OF VIOLETS FROM A CHILD

By Louise McClenathan

This clutch of violets in your small hand
Speaks spring as nothing can;
I am spun back through forty springs,
To crystal image days when sunlight struck
through leaves,
And apple blossoms sang with the low hum
of bees.
I saw you stoop to pluck them,
Kneeling, as if to worship all live things—
Flowers, the earth, the stippled splendor
Of moth wing.
Much more than bloom, you give me memory
Of deep-set violet times,
When joys were simple, days were long,
And, like each child in spring,
I ruled the world.



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—Cheryl Ladd

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LIV ULLMANN ON CAMBODIA

continued

eager to be a contributing member of his own society.

"Another story I heard when I was there," says Liv, "was about a fourteen-year-old girl who came to Cambodia with her missionary parents. They went to work in the camps as volunteer nurses, but everyone thought the girl was too young to help.

"So on her own, she discovered that the old people were untended. This child then carried them on her back to the washhouse and she helped them wash. The world is richer because of that youngster."

Smiles hid secrets

Liv was amazed to find that the refugees in the camps went out of their way to mask any feelings of despair or grief that they had. "They would consider it impolite to inflict their pain or anguish on others," explains Liv.

"In one particular camp, where the people had really felt the brunt of Pol Pot's brutality, I expected to see the horrors they had known—like children being forced to watch the murder of their parents, and even worse—in their faces. But I only saw smiling people, though I knew the smiles hid dreadful secrets. In the beginning I did not understand, but then I learned that their smiles were both a courtesy to us and a way of not reliving their nightmares.

"In many cases, because they don't talk of what has happened," explains Liv, "there is no real documentation of their ordeal."

She scrambles through her handbag—the same seemingly unfillable bag she took with her to the camps. In a moment she produces a letter addressed to the executive director of an American foundation from a 14-year-old man whose uncertain English was underlined by Liv's reading:

> Very painful treatment by Pol Pot soldiers . . . force my brothers and sisters and parents to work in their concentration camp . . . great massacre . . . great oppression . . . my soul lives helplessly alone . . . when Pol Pot was destroyed I returned to look for my family . . . just a few words that all members of my family were killed . . . eight children, mother, father . . . oh, my God! Just tears dropping down . . . I am alone . . . .

Liv folded the letter carefully and put it back in her handbag. Even if the words that she received from the Cambodians were few, the images were many . . . and abiding.

Liv plans to return to the Cambodian camps in Thailand within the next few months. She will be better organized, she says, and more able to help. This time, she will take her 13-year-old daughter, Linn, with her.

"When I was there," says Liv, "I thought a great deal about Linn. I wanted her to be with me. She has something important to give, because she loves children and is good with them. She will be able to give love where it is most needed—to the children."

In Liv's autobiography, *Changing*, the actress tells how she has managed to incorporate life experiences into her various acting roles. This is unlikely to happen with her experience in Cambodia. "My Cambodian visit enriched me in every way except, perhaps, professionally," says Liv.

"I now see a lot of triviality in the bright lights and razzle-dazzle of movie-making. I was already reaching the point of feeling I wanted to do something more. And after this experience in the camps, I want to get even more involved in causes I feel are important. So I cannot say the experience has enriched my acting so much as it has given me an ability [excuse] for quitting. I want to share now; I want to share the way I saw the children sharing in that camp; to share everything I can, even if it is not very much."

"We must care"

Liv will continue to work with the International Rescue Committee, and she hopes to help UNICEF. "I don't know where it will end, but I know that doing nothing, feeling nothing, giving nothing, living as if tragedy never befell the Cambodian people, will do no good. We must remember, we must care. We must all do something about it, even if it is only with our money. Even if it is only with our sympathy. There is no other way of saving the Cambodians, and no other way to prevent it from happening again." **End**

For more information about how you can help the Cambodians, or to send donations, contact the Cambodia Crisis Center (1523 L St. N.W., Washington, D.C. 20005; toll-free hotline: 800–424-5051).

ROSES

By Marcia Cohen

Roses in crystal
dark stems, dark leaves,
Remind me of something
that I have been
neglecting:

The notion that
petals are fragile,
That stems must be dark
and strong
to hold them high,
That the crystal, to do them justice,
must be clear . . . and clean
. . . and polished;

That love . . .
and roses
Are worth at least that.

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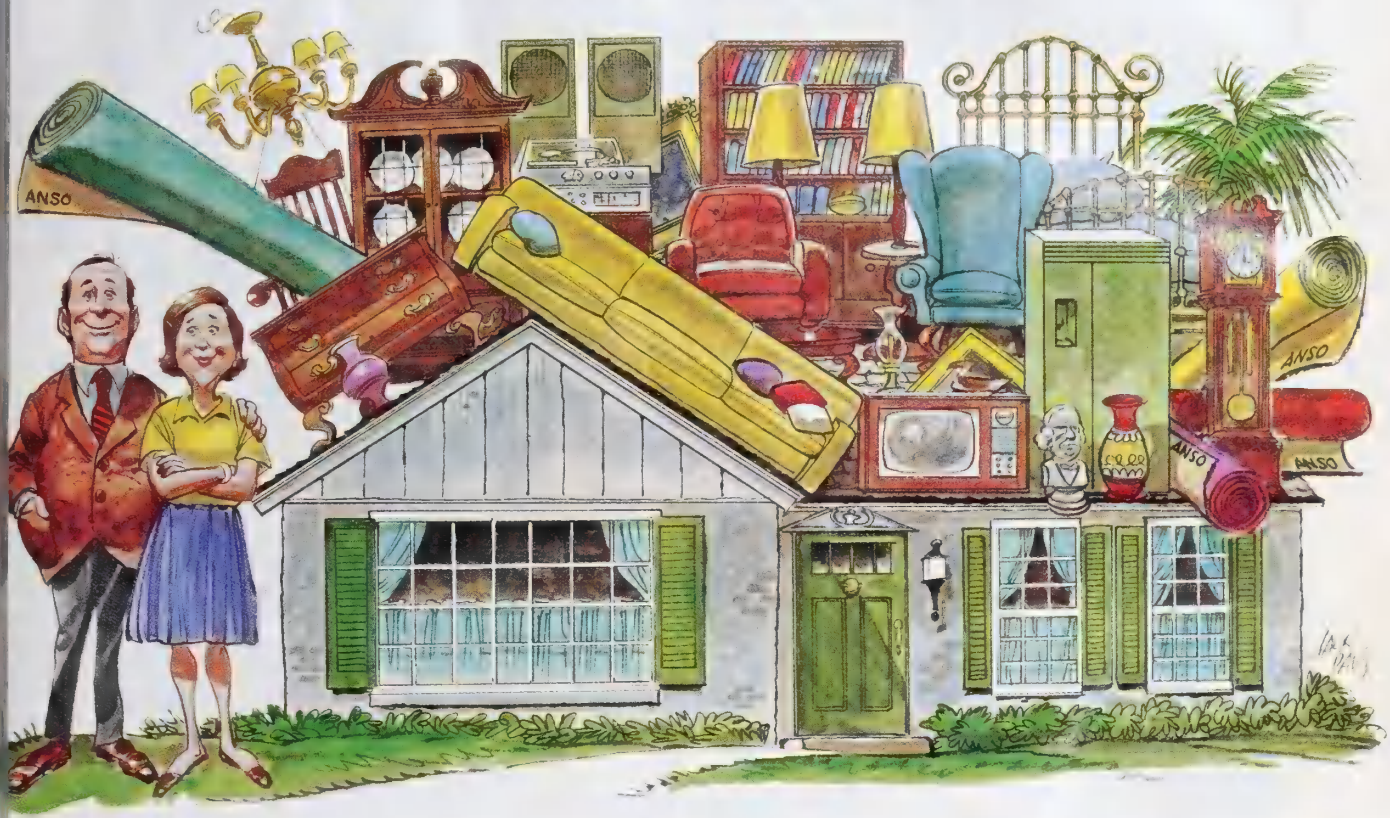
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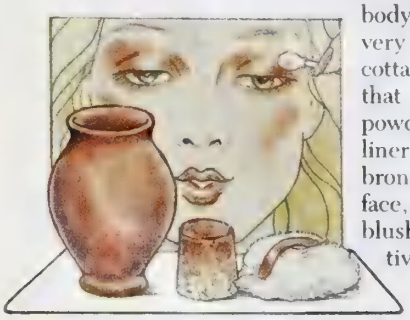
Off to a fast start for autumn . . . update your makeup, sleek your body, sample new scents.

ON CAMERA

Snapshots are fast and fun—but there are certain times that call for more formal posing. Your company or club may need a photograph of you for a newsletter or to release to the press. Or you might simply want a portrait-type photograph to present to your husband, parents or offspring. Here're some helpful tips: • Choose clothing carefully. Important for a close-up: a flattering collar. Assess your own face (be ruthless). If neck is short, go for a "V," if long, thin neck, try something pretty, ruffled. • Hair length also figures into collar choice. Short hair looks better with a higher collar; long hair, an open shirt. • Keep colors in the lighter range. No black, navy, dark brown or gray. Avoid splashy prints. White is all right, but "up" colors are best. Pick shades that flatter your skin tone, light up your eyes. • Don't get a drastic haircut or fancy new "do." Your normal hairstyle, at its cleanest, reflects the real you. Consider a professional "blow-dry" for more polish. Remember, hair should look soft and natural, attractively framing your face, not overpowering it. • If the photograph is black and white, wear a light lipstick. Dark red will come out black. • Apply extra eye makeup; shadow, liner, lots more mascara. Lean toward neutral colors—stay away from acid-y greens, bright blues. Absolutely no frosted, silver or gold. • Use a matte finish foundation and a blusher two shades darker to contour and bring out cheekbones. May look exaggerated to the eye, but photographs well. • Set the photography appointment for the time you're at your peak. Some people look puffy in the A.M. • If you're using a good amateur photographer instead of going to a studio, take notice of the background. You can hang a sheet for a plain "seamless" look or select a light, solid wall. • A dress rehearsal on yourself makes sense. By photo time you'll be ready to shine.

ONE-FOR-ALL

Tired of toting a ton of makeup? With more than 51 percent of American women working away from home, makeup products are, by necessity, getting more efficient. Doing double, triple or endless duty. Today's color schemes, too, are more coordinated, so that a range of pinks, peaches, roses and siennas can go anywhere on the face or body. We found something very versatile in a terra-cotta urn (shown below) that comes with its own powder puff, eye shadow/liner applicator. The sheer bronze powder plays up face, lips, eyes, even blushes nails. Be imaginative. Rubigo Face and Body Color, $12.50; at department stores.



TRY . . . AND YOU'LL LIKE

New season, new reasons to test some new beauty goodies. We like, and hope you'll like, these. • What if Mom has oily hair, Dad, dry, Sis, a perm, Junior, a headful of baby curls? Now there's a golden shampoo that cleans, conditions various types. Aptly called Yardley Shampoo for the whole family; 8 fl. oz., $2.69. • Good news for all who are addicted to thorough cleaning of teeth. A tiny traveling appliance with rechargeable batteries, a carrying case. Water Pik Traveler by Teledyne, $45.95. • Something to crow about—a makeup that's fragrance-free, water-based (ideal for oily skin), stays color-true. Boastingly named A Superior Makeup, by Charles of the Ritz, 1 oz., $10. • Think of how handy a sponge is in your kitchen—to get into corners, delicately blot. Same goes for new sponge-on mascara, won't clump or flake. By Revlon, $2.95. • There's help for people plagued with fine, thin hair. Natural proteins etc. coat each shaft, add fullness. Tried & True Hair Thickener by Max Factor, 4 fl. oz., $2.25.

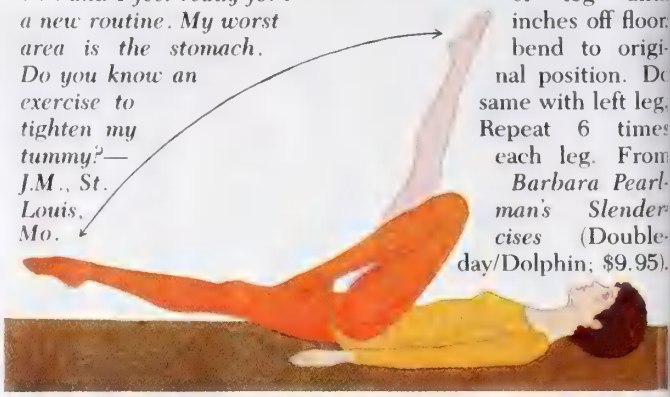
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What the world needs more of—delicious, delightful scents for body and soul. • In this era of High Tech comes a sleekly modern fragrance, with a newly discovered rose tone. Eau de Mētāl by Paco Rabanne, 1.7 oz., $20. • Nothing's more relaxing after a hectic day than a bubbly bath. Total luxury with scent, moisturizers. Enjoli Bubbling Milk Bath by Charles of the Ritz, 10 oz., $6. • One for him. Rugged and rich to splash all over; Matchabelli Man's Cologne, 3.75 oz., $9. One for her. So heady, apply sparingly to pulse points. Chimère Limited Edition Perfume, ¼ oz. $15. Both, Prince Matchabelli. • Inspired by Sophia Loren, an earthy, sensuous scent. Sophia Cologne Concentrate, 2.5 oz., $9.50. • In honor of its glittering 100 years, Folies Bergere Eau de Parfum, 1⅔ oz., $15. • Fragrance-to-burn. Herbal perfumed sticks make home inviting. Fantasticks by Claire Burke, $7.50.

EXERCISE OF THE MONTH

Q. *After a summer of eating ice cream and lazying around, I'm out of shape. Now it's fall . . . and I feel ready for a new routine. My worst area is the stomach. Do you know an exercise to tighten my tummy?—J.M., St. Louis, Mo.*

A. Yes! Lie on back, knees close to chest, arms at sides. Extend right leg forward, lift as high as possible. Gradually lower leg until inches off floor, bend to original position. Do same with left leg. Repeat 6 times each leg. From *Barbara Pearlman's Slendercises* (Doubleday/Dolphin; $9.95).





Border by Julia Noonan. Drawings by Thea Kliros.

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MEALTIME EXPRESS

September brings blender-quick breakfasts, dinners in a flash!



BLENDER BREAKFASTS
Make 'em from...

Brighten your day with a drink-it-up breakfast... quickly whir-r-red for an energy packed start. • Nutty-Banana. Toss in 2 cups milk, 1 Tb. honey, 1 sliced banana, 2 Tb. peanut butter and 3 ice cubes. Makes 3 wholesome cups. ▪ Very Strawberry. Blend 1 cup each of sliced strawberries, plain yogurt and milk with 2 Tb. honey–for 3 cups. • Healthy Wheat Germ. Extra oomph in one-minute flat. Whirl 1 cup milk, 1 cup orange juice, ½ cup plain wheat germ, 1 egg and 2 Tb. honey. Serve immediately (2½ cups). ▪ Mellow Apricot-Banana. Buzz 1 cup canned apricot halves with a whole banana, 1 cup milk and ½ cup frozen orange juice concentrate. Sunny, delicious. • Island Papaya. Fast yet exotic treat. Whirl 1 cup milk with ½ ripe papaya, add 2 tsp. lemon or lime juice. Makes 1½ cups. ▪ Yummy Yogurt-Date. Blend 1 pint (2 cups) plain yogurt, ½ cup pitted dates, ½ cup frozen orange juice concentrate with 1 cup water. Makes a cool 3 cups.

STAR QUICKIE

will come out black. ...
p; shadow, liner, lots more mascara. Lean
lors—stay away from acid-y greens, bright
no frosted, silver or gold. ▪ Use a matte fi
d a blusher two shades darker to contour a
ones. May look exaggerated to the eye,
well. ▪ Set the photography appointment
at your peak. Some people look puffy in
using a good amateur photographer inste
o, take notice of the background. You can
lain "seamless" look or select a light, so
ehearsal on yourself makes sense. By phot
ly to shine.

BUTTER-Flavor it with...

Creamy, dreamy ideas for dressing up what you serve. Start with one stick of butter, melt it with: ▪ Pecan. Stir in ⅓ cup chopped pecans (or filberts), 2 tsp. minced chives, 1 tsp. lemon juice. Dress lean fish. ▪ Hot Brown. Add 1 Tb. sesame seed, continue over low heat until amber-colored. Add 3 Tb. wine vinegar, 2 Tb. water. Pour over spinach or vegetable salad. Or cream butter with: • Mustard. 1½ Tb. Dijon mustard, 1½ tsp. grated onion. Great for sandwich spread, beef. ▪ Orange. ½ cup brown sugar, 2 tsp. grated orange peel, 2 tsp. orange juice. Serve on waffles, pancakes. • Anchovy. 2 Tb. mashed anchovies or 1 Tb. anchovy paste. Serve atop fish or seafood; spread on thin-sliced French bread. ▪ Curry. 1 tsp. curry powder. Form into pats, chill. Top lamb, veal, fish, seafood. • Mushroom. Saute ½ cup finely chopped mushrooms in 2 Tb. butter. Blend in. Serve as appetizer or on vegetables. ▪ Garlic. 2-4 cloves of garlic, depending on clove size or strength preferred. Crush or mince. Top chicken, steak, seafood.

Start with a jar of SPAGHETTI SAUCE

Stock your pantry shelf with a supply of this ready red sauce (16 oz.). Add it for: • Tender Pot Roast. Brown 3 lb. bottom chuck roast in 2 Tb. oil; toss in minced garlic clove, chopped onion. Simmer (covered) with sauce 2-3 hours. • Easy Cacciatore. Coat 2 lb. chicken pieces with flour; brown in 2 Tb. oil. Pour on the sauce; simmer 45 min. • Make-Your-Own BBQ Sauce. Mix sauce with ½ cup brown sugar, 1½ tsp. Worcestershire sauce, 1 tsp. prepared mustard, ⅓ cup vinegar, ½ tsp. salt. Cook 15 minutes; brush on meat and grill. • Rich Corn Chowder. Stir it with 1½ cups corn kernels, 2 medium potatoes (cooked), 2 cups water, 1 Tb. chopped green onion, ½ tsp. salt, bay leaf. Simmer 10 minutes. • Fish Italiano! Pour ½ cup sauce in baking dish; add 4 cod steaks. Quickly sauté 1 chopped onion, 1 chopped celery rib; spread over fish. Top with remaining sauce. Cover and bake 40 minutes at 325°. Moist and flaky dinner for 4.

Photographs by Irwin Horowitz


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Sweater: Bébé Blond
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A Lovely and a Fearful Thing

Is it possible to fall hopelessly in love with a complete stranger—while shopping for coffee beans?

An amusing short story, by

Mary Elmblad



It was a Saturday to make you forget that it rains in Seattle. A seaport morning, crisp and cool, with sunlight glittering on the choppy waves of Puget Sound. And I, Eric Lindstrom, was roaming through the shops of the Pike Place Market. Shopping there is great even on gray winter days when the place reeks of fog and wet wool, but when the sun comes out the market comes alive with street musicians and shoppers in sunshine moods, all smiles and easy laughter.

I went into the spice shop first, a crowded place with a rich, pervading aroma of coffee, cinnamon and cloves, to pick up a pound of Colombian full-roast coffee, in the bean. While I waited in the cashier's line I let my mind wander off to Marco Polo's spice expedition to China.

I am a historian, you see. Some people say that I look more like a Viking, which is not entirely complimentary when you consider the Vikings' propensity for rapine and pillage. It is true that I am large, six feet four inches, and I am young, 29, and I do have thick, straw-colored hair and a heavy beard. But mentally, I fit the stereotype of the absent-minded professor all too well. My body was in the spice shop that morning, but my mind was 700 years away.

A clatter at the back of the shop recalled me to the present just as the person in front of me turned to look back and, in turning, exchanged glances with me. The eyes were *(continued)*

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A Lovely and a Fearful Thing

continued

on a level with mine. They were intensely blue and were surrounded by thick, dark eyelashes. The person was, in fact, female. I was so shocked that I almost dropped my coffee. I am six feet four inches tall, remember? I rarely exchange level glances with a woman of any eye color whatsoever.

The person faced forward again and I looked at her back. Blond hair gathered into a wad at the nape of a long and shapely neck. An Aran Isle fisherman's sweater. Well-worn jeans. Leather boots with three-inch heels.

She leaned over to put her purchase into her brown canvas shopping bag and I saw her face in profile. About 25, probably. High forehead, high cheekbones, a straight nose and a generous mouth. A strong, angular jaw. Put that blond hair into two long braids, place the woman next to a steaming black kettle, and you would have a female Viking stirring up a mess of whatever glop for her returning pillager. I also saw what she had bought. One pound of coffee, in the bean.

I left the spice shop bemused, but not by Marco Polo. The woman was walking up the ramp ahead of me. She had to be six feet tall, even without those three-inch heels, and much of her height was in her long, straight legs. Legs that long and a coffee grinder, too? It boggled the mind. She stopped at a seafood stall and I found myself stopping, too, a few steps behind her.

"Are they fresh?" she asked the oyster man. Her voice was low in timbre, but light and musical. A happy voice.

"Just swam in this morning, I swear it!"

Her laugh rang out like a campanile. "Great! I like to eat them raw and very, very fresh."

She bought one dozen oysters. It was possible to reason deductively, from the general to the specific. Since a person of her size would be able to put away a dozen raw oysters without even pausing to count, she must be planning a solitary dinner. But she did not appear to be concerned about spending a Saturday night alone. A self-sufficient woman, evidently, and since she bought herself treats like fresh oysters and coffee in the bean, a woman who liked herself.

The last time I bought myself raw oysters, two dozen, I ate them while I was reading Byron's *Don Juan*. I read, that is, until I came upon these lines:

> Alas! The love of women! it is known
> To be a lovely and a fearful thing!

I closed the book, sadly. I had found the love of women to be fearful—full of fear—but never lovely. I was no Don Juan.

Many large men are well coordinated, but I am not one of them. Even in high school I was all arms and legs and size 12 feet that tripped over the pattern in the flooring. And over female feet. Girls became objects of stark terror to me. My palms sweated, my ears turned pink, my speech was reduced to a tongue-tied mumble. Then in college, I found freedom, in the shape of medieval history. I discovered that I could park my clumsy body at a table in the library and send my mind off into the Middle Ages where it could explore new country and never trip over anything. Or anyone.

But man cannot live by history alone. In graduate school I began to yearn for love. I wanted to plight my troth, as they said in the Middle Ages, to pledge myself and my life to a woman. To a strong, independent woman, one who could share my delight in history and who could share her own interests with me. I dreamed of us living in an old house full of laughter and plants and children, a house with a book-lined study for me, with a fireplace. I could see us, hiking together, cross-country skiing together, always pushing into new country.

Ha! I never even got close enough to a woman to find out if she was interested in new country. I could not handle the preliminaries, the getting-acquainted stage. I outgrew the sweaty palms, but I was still awkward, mentally and physically. Erudite little witticisms on the Black Plague do nothing to further a budding romance, and how can you dance with a girl when you expect to hear her toe bones crunching under your size 12 shoes?

The love of women, I can tell you, is a fearful thing.

The long-legged woman strolled down the ramp and I strolled after her, tripping over a crack in the concrete. She went into a record shop but I stayed outside and pretended to study a display of punk rock record albums.

She handed two records to the cashier. Chuck Mangione. Bach. Which would she play while she ate her oysters? Mangione? And then she would prop up those long legs and listen to the Bach while she—what? Read? Did her nails? I tried to visualize her apartment, but I could see only a stereo and a table with a plate of oysters on the half shell.

When she came out I crouched down and read the fine print on an old Sex Pistols album until she went into the used book store. Then I went into the same store and walked bent-kneed down the aisle next to hers, watching her over the shelved books. She put on glasses. Big lenses, tortoise frames. Glasses for reading and television, probably. Like me. She browsed the shelves, taking down a book from time to time. Archaeology. Fiction. Psychology. An eclectic taste in reading. Like me.

Yes. There would be a wall of bookshelves in her apartment along with the oysters and the stereo. And a deep armchair with a good reading lamp.

She left and I hurried after her, stumbling over a stack of dictionaries. She was leaving the market building! But she went into the plant shop down the block, so I sneaked up and peered in through a split-leaf philodendron. She was holding up an asparagus fern, communing with it.

I saw her apartment again. Stereo, oysters, books and plants everywhere. And she sat amid the greenery, legs stretched out, listening to Bach. Or Mangione.

She put on her glasses to look at the tips of the fern, dug a long forefinger into the soil, and frowned. Her jaw squared. She nodded, briskly. Yes. She would take that poor neglected fern into her life and nurse it back to health. Was it possible to reason inductively from the specific to the general? If she could love an asparagus fern, she surely could love children. Possibly even large clumsy men.

Out of the shop she came with the fern quivering like green lace in the top of her shopping bag. Striding, purposeful, she went across First Avenue and into the parking lot. She was leaving the market! She was leaving me!

Drawn like an iron filing to a lodestone, I crossed the street after her. She stopped by a battered compact with its passenger door held shut by a short rope. She bent down to unlock the driver's door and my knees went weak. How touching. How utterly, sweetly feminine that this strong, self-sufficient woman would lock one door of her car when the other was secured only by a frayed piece of rope.

She put the asparagus fern in the back seat and tossed her shopping bag onto the passenger seat. She closed the door with the finality of Bach ending a passage for the harpsichord. She turned around to confront me.

Her jaw was squared and her mouth was firm. Her blue eyes looked directly into mine. "Why are you following me?"

Consider, if you will, her options at that point. She could have said, "Are you following me?" Bad. *(continued)*

SEPTEMBER FIRST

By Walter Weir

This morning, sensing someone at my door
And curious who might be waiting for me there,
I turned the knob—as many times before—
To face the fresh and early morning air.

And unannounced, and suddenly as I stood,
Tender and young, and cool and moist her skin.
Smelling of misty meadow, field and wood,
September gently passed me and walked in.

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A Lovely and a Fearful Thing

continued

Pointless. Of course I was following her and of course she knew it.

She could have said, "Go away before I scream!" Worse. Paranoid. What monstrous act could I perform with the parking lot attendant no more than 15 feet away?

Or she could have said, "Buzz off or I'll call the cops." Worst. Much the worst of all, because I would surely have ended up in the slammer.

But she was not nervous, not afraid. She just wanted to know. "Why are you following me?"

My heart sank. It was time for the preliminaries. I considered my own options. I could step forward, probably tripping over the white line on the pavement, and comment inanely on the sunshine. Or I could venture a witty remark on the Battle of Poitiers. Oh, God, would my ears turn pink?

Or I could mutter an apology and go back to the Pike Place Market. And never see her again.

Aphorisms flashed through my mind. Catch phrases. The best defense is a good offense. He who hesitates is lost. Faint heart ne'er won fair lady.

In short, to hell with preliminaries.

I stepped forward. She stepped back. "Wait," I said, "I won't come any closer." I took out my billfold and spread my cards out on the flat hood of the car next to hers. "Will you look at these? Please?"

She looked startled, then amused (I wanted to kiss her), then irritated. "What are you selling?"

"Just look at my I.D. Please!"

She shrugged her shoulders, beautifully, and leaned down to look at the cards. I hurried to explain them. "I teach history at the university, see, there's my library card, stamped 'Faculty.' And I can give you character references. My grandparents live in Seattle and—look, there's my credit card and the rent receipt for my apartment on Capitol Hill and my car registration and—" She straightened up and stepped back from the car. "Wait!" I cried. "Please don't—"

She shot me a look. She put on her glasses and leaned down again to study my life, spread out like a game of solitaire on the hood of a white sedan. She read from left to right, all the fine print. She picked up my driver's license, looked at the photograph, at me, at the photograph again. Put down the license. Looked at me, eye to eye. "Okay," she said. "You are Eric Carl Lindstrom. You exist."

I took one step toward her, very carefully. I did not trip over anything. "May I ask your name?"

She looked me dead in the eye and I could almost see the wheels going around in her mind. Then something glinted in her blue eyes and I wanted to shout. I knew it was the spirit of adventure. She would never be afraid of new country!

"My name is Andrea Parks Hansen."

Scandinavian. Like me! "Please, are you married? Or involved?"

She hesitated. "Well. No. Now, what are you selling?"

"Me," I said softly. I drew myself up to my full height and tried to look trustworthy, kind, cheerful and reverent. I spoke out loud and clear. "Andrea Parks Hansen, please, will you marry me?"

Her eyes opened wide. God, she was beautiful when she was surprised! I started making a list of surprises to run through the next 40 or 50 years.

"I don't believe this! I just don't believe it!" She looked me up and down. She did not appear to be completely offended by what she saw. "I'm at the university, too. A third-year law student." She grinned at me, an open, challenging grin. "In about six more months I'll be a lawyer and I could sue you, you know, for breach of promise or something."

I hastily redesigned our house. Two book-lined studies, both with fireplaces. Plants and laughter and kids. What kids they would be! Tall, strong—all Vikings, male and female! Without, of course, the propensity for rapine and pillage.

She was watching me, with laughter lurking in her blue eyes. It was not cruel laughter, not ridicule of pink ears and size 12 feet. It was just great good humor, the perfect kind of laughter for a sunny day.

I realized then that, for the first time in my life I was completely at ease with a woman. Suddenly I was filled with tremendous joy. I placed my right hand over my heart. "I will breach no promises," I said solemnly. "And thereto I plight thee my troth." Then my joy exploded in a great Viking roar of a laugh that bounced off of the parked cars and reverberated among the buildings. "Hey," I said. "Hey! Come back to the market with me, will you? We can plan our future over a bowl or two of clam chowder!"

Andrea Parks Hansen looked at me for what seemed a year. But then she smiled at me and her laughter bubbled up to the surface clear and sweet as fresh springwater. She nodded once, briskly, decisively, and without a word she marched off toward the Pike Place Market.

Those long legs of hers, those long, straight legs. I had to stretch my own legs to catch up, but I did not stumble. We fell comfortably into step, matching stride for stride, not touching because we had years and years for touching. Years for talking, for music, for fighting and making up. For challenges met and challenges failed. It would not always be easy to be married to a female Viking, but it would always be an adventure. New country, all the way.

The love of women! It is a lovely and a fearful thing!

End



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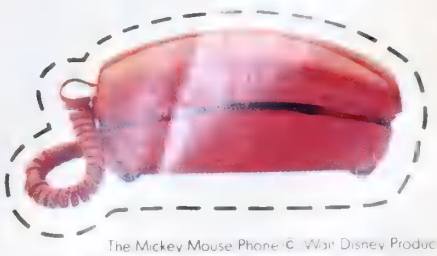












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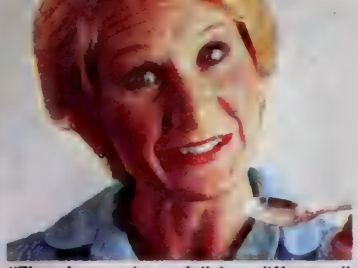
Symphonies From the Kitchen

Who could resist a cookbook with recipe titles like Tuneful Tuna and Tart Tarantella? We couldn't, so after assuring ourselves that there was substance behind the whimsy, we hied off to visit the publishers of this imaginative culinary musical package, the Santa Rosa, California, Symphony League. Called *Symphonies from the Kitchen,* *(continued)*

California al fresco luncheon from the Santa Rosa Symphony Cookbook, clockwise from top center: Tuneful Tuna, Mushroom-Cheese Pas de Deux, Corned Beef Continuo, Antipasto Anabasis, Mikado Chicken Salad.



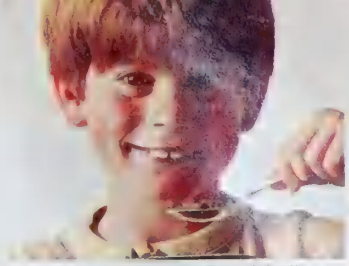
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COUPON EXPIRES SEPTEMBER 30, 1981

10 WX 10



Lunch at the Burbank House—front, from left: Tart Tarantella, Chicken Saltimbocca Sabbatini, Crab Quiche Crescendo. Rear: Scarlatti Scallop. League members from left: Patty Van Tuyl, DiDi De Golia, Cindy Dupre, Bunni Zimberoff.

the book brings together favorite recipes from League members and friends, typical of all books in this ongoing series. We chose recipes for this excerpt that seemed most appropriate to the California setting.

An al fresco lunch was our first outing—in the hills of Sonoma County, outside Santa Rosa, which is inland and 50 miles north of San Francisco. This was an occasion to catch up with new-to-us salad ideas, a category of food that is a special favorite of ours and one that we always like to expand. Take Corned Beef Continuo, for example—simplicity itself, but very beautiful to look at and particularly refreshing and filling. It's a ring mold of cubed corned beef and beef broth flavored with horseradish, and a center filled with potato salad.

Or take Tuneful Tuna, if you like a bit more drama—pineapple quarters scooped out then refilled with a salad of tuna, pineapple, cucumber, tomato, onions, bacon, all dressed with sour cream, chutney and curry. Mikado Chicken Salad has an Oriental flavor, and the Antipasto Anabasis is a colorful, barely cooked vegetable mixture chilled in a classic oil and vinegar dressing. Serve all with the wine of your choice (local Sonoma County in this case) and take as your setting a flower-bedecked pool terrace as we did, and you have an occasion to remember with special pleasure.

A compulsory stop for anyone visiting Santa Rosa, and fortunately for us the scene of our next outdoor buffet, is the Luther Burbank house. Burbank (the big name locally) settled here in 1875 and produced most of his outstanding botanical work in and around the charming small house, which is now owned by the city and open to the public. The gardens are fascinating, the mood evocative. Our luncheon, shown on this page with members of the Symphony League, was a more traditional full-menu affair, starting with Crab Quiche Crescendo (aptly named for the way it led into the rest of the meal) and ending with Tart Tarantella, a perfection of fresh fruit circles gelled in a buttery crust and served with whipped cream.

The Symphony League includes some 350 women who help the 52-year-old orchestra not only with cookbook efforts, but with various support systems such as box office and other ticket sales, and ushering for concerts. The latter are virtually sold out to an enthusiastic audience, year after year, for this has been called one of the country's top community orchestras.

Lucky indeed are the orchestra and the city of Santa Rosa to have such an enthusiastic and imaginative group of women working on their behalf. See page 74 for coupon to order your complete copy of *Symphonies from the Kitchen*. Selected recipes start on page 74.—JOHN STEVENS

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Symphonies from the Kitchen

continued

TUNEFUL TUNA
pictured on page 70

1 large pineapple
2 cans (7 oz. each) tuna
1 medium cucumber
1 cup halved cherry tomatoes
½ cup chopped green onions
4 slices bacon, cooked and diced
1 cup sour cream
½ cup chopped chutney
1 tablespoon lemon juice
½ teaspoon curry powder
1 teaspoon onion salt
2 tablespoons macadamia nuts (if you have them)

Cut pineapple into quarters lengthwise through crown. Remove fruit, core and dice; set aside. Drain tuna. Score and slice cucumber. In large bowl combine tuna, cucumber, cherry tomatoes, onions and bacon. Blend sour cream with chutney, lemon juice, curry powder and onion salt. Toss with tuna mixture to combine. Fold in pineapple. Heap into pineapple quarters, sprinkle with chopped nuts. Serve immediately. Makes 4 servings, about 500 calories each.—*Elaine Healey*

MUSHROOM-CHEESE PAS DE DEUX
pictured on page 70

1 cup cherry tomato halves
1 cup fresh mushrooms, sliced
1 cup (4 oz.) Swiss cheese strips
½ cup green pepper, diced
2 tablespoons chopped green onion
¼ cup salad oil
2 tablespoons wine vinegar
1 teaspoon Dijon mustard
½ teaspoon salt
¼ teaspoon dill weed
⅛ teaspoon lemon pepper
Lettuce leaves

In medium bowl combine first five ingredients. In small bowl combine oil, vinegar, mustard, salt, dill weed and lemon pepper and stir until well combined. Pour over salad mixture and toss slightly. Serve on lettuce. Makes 4 servings, about 220 calories each.—*Mary Kirkpatrick*

CORNED BEEF CONTINUO
pictured on page 70

2 envelopes unflavored gelatin
½ cup water
2½ cups beef broth
3 cups diced, cooked corned beef
1 tablespoon prepared horseradish
¼ teaspoon salt
⅛ teaspoon white pepper
Lettuce leaves for garnish
1 pound prepared potato salad
Parsley for garnish

Sprinkle gelatin on water, add broth and heat, stirring until gelatin is dissolved. Pour ½ cup into a 6-cup ring mold and chill until firm, but sticky to the touch. Mix remainder of the gelatin with corned beef, horseradish, salt and pepper. Chill until slightly thickened; pour into mold. Chill until set. Unmold on serving plate, garnish with greens. Fill center with potato salad; garnish with parsley. Makes 4 servings, about 220 calories each without potato salad.—*Barbara McNeill*

ANTIPASTO ANABASIS
pictured on page 70

1 head cauliflower (about 2 lbs.)
4 carrots (cut in 2" strips)
4 ribs celery (cut in 1" pieces)
2 green peppers (cut in strips)
2 red peppers (cut in strips)
½ cup water
1½ cups white wine vinegar
1 cup olive oil
¼ cup sugar
2 teaspoons salt
1 teaspoon oregano
½ teaspoon pepper
1 jar (6 oz.) pimiento-stuffed olives, drained
1 jar (8 oz.) pickled onions, drained

In large skillet combine first 5 ingredients. Combine liquids and seasonings and pour over vegetables. Bring to a boil, stirring occasionally. *(continued)*

Symphonies from the Kitchen contains over 300 recipes on 156 pages. This soft-cover, spiral-bound book weaves good food and music-related terms and quotes together. To order your copy, send $8 plus $.85 for postage and handling to:
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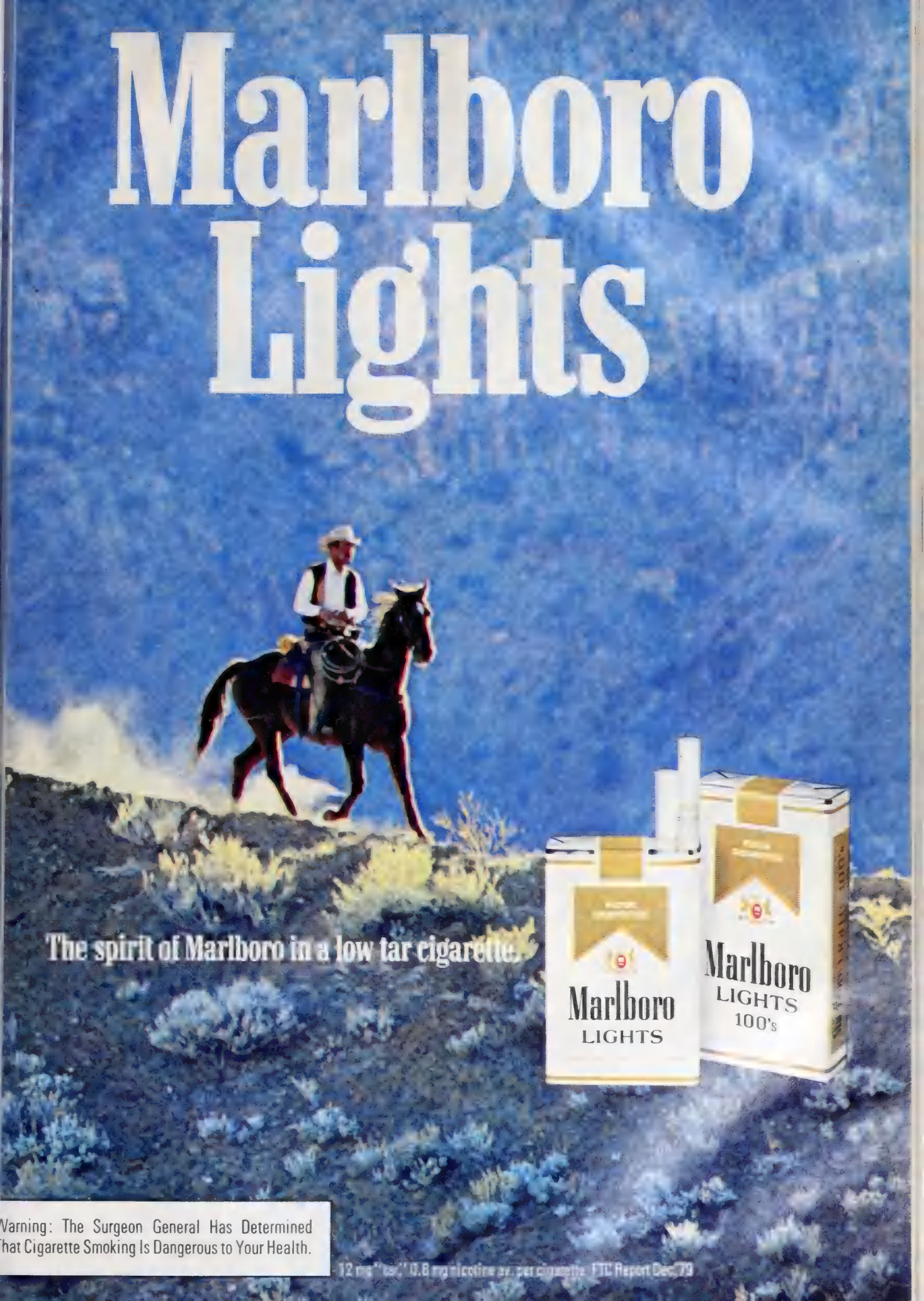
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My Friend Jenny

My Friend Mandy

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Reduce heat, cover and simmer for 5 minutes. Cool. Toss in olives and onions, then refrigerate for 24 hours. Drain before serving. (Use marinade as a dressing on green salads.) Makes 8 servings, about 310 calories each.—*Mary Barrus*

MIKADO CHICKEN SALAD
pictured on page 70

Marinade
- 1 tablespoon salad oil
- 1 tablespoon soy sauce
- 1 tablespoon sherry
- 1 teaspoon dry mustard
- 1 teaspoon ground ginger
- 3-pound broiler-fryer chicken
- ¼ cup sesame seed
- ¼ cup slivered almonds
- 2 cup bean threads (cellophane noodles), soaked and drained
- Salad oil, for frying

Dressing
- 2 teaspoons sugar
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 4 teaspoons soy sauce
- 2 tablespoons lemon juice
- ½ cup salad oil
- 1 small head lettuce, shredded
- 4 green onions, shredded
- ¼ to ½ cup fresh coriander leaves (cilantro)

Prepare marinade by combining oil, soy sauce, sherry, mustard and ginger. Marinate chicken for 1 to 2 hours. (We found it best to rub marinade in the cavity and on skin of chicken.)

Preheat oven to 375° F. Place chicken on rack in open roasting pan. Roast about 1 hour until done. Remove meat from bones and shred, using crisp skin for flavor. While chicken roasts, toast sesame seed and almonds; place in small baking pan and toast for 10 minutes until golden; set aside.

Deep-fry bean threads 1 minute in ½ inch hot oil, a few at a time; drain on paper towels. Combine dressing ingredients in jar with tight fitting lid; shake until well blended.

At serving time, arrange chicken, almonds, sesame seed, bean threads, lettuce, green onions and coriander in salad bowl; pour on salad dressing and toss well. *(Note: Most of the preparation for this salad can be done well in advance.)* Makes 6 servings, about 340 calories each.—*Patty Van Tuyl*

TART TARANTELLA
pictured on page 72

Pastry
- 2 cups all-purpose flour
- ¼ cup sugar
- 2 egg yolks
- 1 hard-cooked egg yolk, forced through a fine sieve
- 1 cup butter, melted and cooled

Filling
- 1 envelope unflavored gelatin
- 1¼ cups canned fruit juice (preferably a mixture of juices drained from canned fruit)
- 4 to 5 cups combined fresh and drained canned fruits

Coating
- 1 cup thinly sliced, blanched almonds, toasted
- 1 egg white
- 1 tablespoon superfine sugar
- 1 cup heavy cream, whipped and sweetened

In large bowl combine flour and sugar. Make a well in center and add raw yolks and sieved, cooked yolk. Mix with fork or fingertips. When ingredients are well combined, add melted butter, a few tablespoons at a time, and continue to mix until dough is smooth and pliable. On a lightly floured surface, pat and shape the dough into 6x2½-inch roll; wrap in waxed paper; refrigerate at least 30 minutes.

With a sharp knife, carefully slice pastry roll into rounds about ¼ inch thick. Arrange rounds in a single layer on bottom of 9-inch springform pan. With fingers, gently pat rounds and smooth edges to cover bottom of pan with no empty spaces showing. Stand remaining slices around sides of pan, pressing down about ½-inch into bottom layer to secure to base to create scalloped effect at top. Refrigerate 10 minutes.

Preheat oven to 325° F. Prick surface of pastry all over with tines of fork without penetrating through to bottom of pan. Bake on middle rack of oven for 40 minutes or until pastry is firm and light brown. Transfer pastry shell to cake rack and let cool completely before removing sides of pan. *(continued)*

Fisher-Price creates a wardrobe for My Friend dolls.



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Symphonies from the Kitchen

continued

Filling: In small saucepan, sprinkle gelatin over fruit juice. Cook over *low* heat until completely dissolved. Remove 1 cup of mixture and chill until the consistency of unbeaten egg whites. Keep remaining gelatin at room temperature. With pastry brush lightly coat pastry with chilled gelatin to seal; let stand for 5 minutes.

Meanwhile, drain fresh and canned fruit well on paper towels. Arrange fruit on gelatin in concentric circles, overlapping pieces slightly to cover bottom of shell completely and filling shell to within about ¼ inch of top. Glaze final layer with thin coating of remaining gelatin (if too thick to brush smoothly, reheat over low heat). Set tart aside.

Coating: Spread almonds in pan and bake 5 to 10 minutes. With wire whisk or rotary beater, beat egg white until foamy. Sprinkle in sugar, continue to beat until soft peaks form. With spatula, coat outside of pastry shell evenly with meringue and press almond slices against it.

To serve: Cut into wedges. Garnish with whipped cream. Makes 8 servings, about 560 calories per serving.—*Joyce Kelly*

CHICKEN SALTIMBOCCA SABBATINI
pictured on page 72

3 large chicken breasts, skinned, boned and halved lengthwise
6 thin slices boiled ham
6 thin slices mozzarella cheese
1 medium tomato, seeded and chopped
½ teaspoon dried sage, crushed
½ cup dried bread crumbs
3 tablespoons grated Parmesan cheese
2 tablespoons chopped parsley
¼ cup butter or margarine, melted

Place chicken, boned side up, on cutting board and cover with plastic wrap or waxed paper. Working from center out, pound each piece lightly to 5-inch square. Remove wrap. Place ham and cheese slice on each chicken piece, cutting each to fit. Top with some tomato and dash of sage. Tuck in sides; roll up jelly-roll fashion, pressing to seal well. Preheat oven to 350° F. In flat dish combine bread crumbs, Parmesan and parsley. Dip chicken in butter or margarine, then roll in crumbs. Bake in shallow baking pan 45 to 55 minutes. Makes 6 servings, about 410 calories each.—*Cheryl Tolin*

CRAB QUICHE CRESCENDO
pictured on page 72

Pastry Shell
1½ cups all-purpose flour
¼ teaspoon salt
½ cup butter
1 egg
1 can (7½ oz.) crabmeat
2 tablespoons chopped parsley



¼ cup finely chopped green onion
¼ cup grated processed Gruyère or Swiss cheese
2 tablespoons dry vermouth
4 eggs, beaten
1 cup heavy or whipping cream
½ cup milk
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon rosemary
Pinch red pepper

Pastry Shell: In medium bowl combine flour and salt. With pastry blender, cut in butter until mixture resembles cornmeal. In small bowl gently blend egg, but do not beat. Measure three tablespoons of egg and add to flour-butter mixture; mix with fork. Cover and refrigerate at least one hour. Roll out pastry into 11-inch circle; place in bottom and sides of a 9-inch pie pan; trim and make a high fluted edge. Chill one hour.

Preheat oven to 450° F. Drain and slice crabmeat, reserving large pieces for top. In small bowl mix remaining sliced crab meat, parsley, onion, cheese and ve mouth. Spoon into unbaked pastry shel In medium bowl, combine eggs, cream milk, salt, pepper, rosemary and red pep per; beat to combine. Pour over cra mixture. Bake for 10 minutes; reduce he to 350° and continue baking for 40 min utes or until knife inserted in cente comes out clean. Arrange reserved strip of crab in spoke-fashion over filling. Serv at once. Makes 6 servings, about 51 calories each.—*Marcile Bates*

SCARLATTI SCALLOP
pictured on page 72

4 medium zucchini
2 tomatoes, cut into wedges
1 small onion, chopped
¼ cup butter or margarine
2 tablespoons grated Parmesan cheese
2 teaspoons sugar
½ teaspoon salt
¼ teaspoon oregano
⅛ teaspoon pepper

Preheat oven to 350° F. Cut zucchini int 3- or 4-inch lengthwise sticks; place in 1 inch baking dish. Top with tomatoe Sprinkle on onion and dot with butter margarine. Combine cheese, sugar an seasonings; sprinkle over the vegetable Bake for 50 to 60 minutes. Makes 6 to servings, about 125 calories per 6, 95 p 8.—*Millie Mansfield*

PLUM TOMATO PAS DE TROIS

1 pound plum tomatoes
½ pound sliced bacon
2 tablespoons mayonnaise
Chopped parsley

Remove stems and wash tomatoes. Cu small slice from opposite end, remov core and seeds (with grapefruit knife) an invert to drain. Cook bacon until crisp Drain and chop; mix with mayonnaise Stuff into tomatoes. Sprinkle choppe parsley on top. Makes 4 to 6 serving about 165 calories per 4, about 110 cal ries per 6.—*Louise Levinger* En



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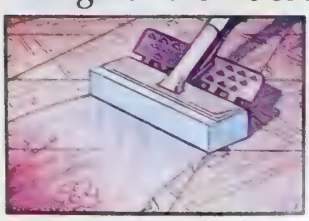
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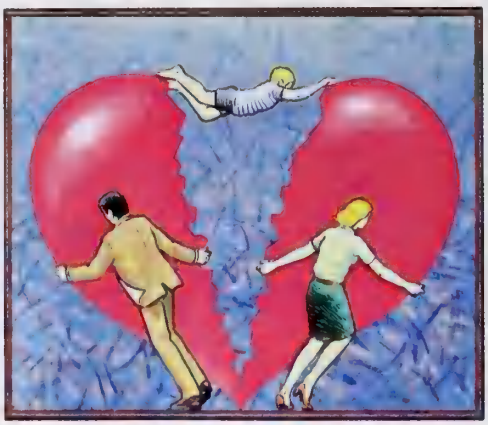
By Geraldine Carro

Children and Divorce

Why do some kids handle divorce better than others? A major study offers new answers.

Jenny, age eight, was asked: If you were given three wishes, what would they be? *First, that my Daddy would come home*, she said. *Second, that my parents would get back together. And third, that they would never, never divorce again.* Then she paused and added sadly, *It will never happen. I won't get any of my wishes.*

This year there will be one million Jennies—youngsters learning that divorce is something they can't wish away. In all, one out of three American children growing up in the 80s is fated to see his or her parents' marriage dissolve. And while the adults may see the breakup as a positive step, children invariably see it as sad and frightening.



How well will they adjust emotionally? The theories vary (often depending upon whether the theorist wanted, or didn't want, the divorce). The pessimistic school argues that the scars of divorce never truly heal. The newer, children-bounce-right-back school offers more hope: Once the initial sense of disruption subsides, goes their reasoning, children do adjust; and furthermore, a loving one-parent home is much better for children than a tension-ridden two-parent home.

Offering much-needed new perspective on "what to do for the sake of the kids" are two leading divorce experts: Judith Wallerstein, a child psychoanalyst, and her colleague, psychologist Joan Berlin Kelly. None of the clichés necessarily fit, they say. For example, contrary to the popular view, bad marital partners can sometimes be good parents. And, although the parent-child relationship suffers in some families where the marriage is unhappy, in others it actually improves when parents, in their frustration, draw closer to their children.

Doctors Wallerstein and Kelly are uniquely qualified to question the conventional wisdom—both old and new—about the effects of divorce on children. For five years they studied and counseled 60 divorcing families, with a total of 131 children, in the San Francisco Bay area. The result is a landmark study (just published under the title, *Surviving the Breakup: How Children and Parents Cope with Divorce*; Basic Books: New York, 1980). The two researchers offer a rare, unclouded view of how children actually experience divorce. They also offer informed suggestions about ways to nurture youngsters during the painful transition period.

Transition is a key word. Divorce isn't a one-shot problem, fixed within a neat time frame, say the authors. It's not like breaking an arm, one of those typical childhood disasters that ends when the cast comes off and a child can ride his bicycle again. A family breakup is an ongoing issue with which children grapple for years.

In the beginning, the overriding sense for children is one of frightening uncertainty. "Is Daddy going to get another wife? Another dog? Another little boy?" Frank, aged four, asked when his parents first separated. Added to the uncertainties of "Who is going to love me?" are the unfamiliar routines: Daddy isn't at home at night anymore and Mommy, who was at home during the day, is now off at her new job.

Moreover, both mother and father are so preoccupied with their own problems, they may experience what Dr. Wallerstein calls "a diminished capacity to parent." Usually this is a temporary phase, but some of its effects do linger. Most of the women interviewed, says Dr. Wallerstein, took three to three and a half years to pull themselves together after the divorce. "If you take a seven-and-a-half-year-old child, that represents between a third and a half of his life."

How well youngsters adjust to divorce eventually depends upon a variety of factors. Of paramount importance: The ability of the custodial parent (almost always the mother) to find her stride again as a parent. Some mothers, for example, had a hard time disciplining because they felt so guilty about the pain the children had already endured. "The result was chaos," says Dr. Wallerstein. In some families, an older child, especially a son, was allowed to step into his father's old shoes. He'd begin to bully Mom the way Dad did.

Perhaps the most startling finding in this five-year study is just how important the father's role is post-divorce. By and large, the best adjusted youngsters had regular, even if relatively infrequent, contact with their fathers. Those who saw their fathers rarely, or not at all, suffered the most. One of those was 11-year-old Susan. When she entered Dr. Wallerstein's office, she was clutching the few tattered letters her father had written her in the five years since her parents' divorce. Susan was

(continued)

Illustration by Jean-Francois Allaux

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Mothering

continued

depressed, overweight and showed a lack of self-confidence in school.

Although Susan's experience was especially painful, in general, says Dr. Wallerstein, girls adjust faster and better than boys. It's hard to predict, however, how an individual child will adjust. "Some kids," says Dr. Wallerstein, "are simply more resilient than others." But there are steps that parents can take that make an important difference. "Think seriously about the consequences of the first couple of years, when the biggest adjustments take place, and try to create some buffers." Here are her suggestions:

- **Warn children about the divorce.** Most of the children she counseled weren't told in advance. They woke up one morning to find that Daddy wasn't there. These parents weren't intentionally neglectful, says Dr. Wallerstein. "They were afraid to face their children's anger and disapproval."
- **Give an explanation.** "Tell the children why you got divorced in plain English," she says. "Try something like, 'Daddy and I thought we loved each other. We tried our best and we're not happy. We've decided to separate and we're very, very sorry.'" Children, she points out, need to know that their parents are rational people, that they don't behave impulsively.
- **Give them an idea of what life will be like.** Parents can reduce their youngsters' anxiety by offering them a sense of what the future will be. "If you can," says Dr. Wallerstein, "tell a child, 'you'll live here, you'll see your Daddy every Saturday.' Build in whatever stability you can." You can explain to an eight year old, for example, that, "life will be a little messy for a while. I won't have as much time. But every weekend we can bake cookies."
- **Explain that parents divorce each other, not their children.** Children need to be told specifically that although parents may stop loving each other, they will never stop loving their children.
- **Tell the kids that they don't have to choose sides.** Say to the kids, says Dr. Wallerstein: "'Daddy and I get angry with each other. That doesn't mean you have to be angry with Daddy.' I think it would really relieve kids to hear this."
- **Enlist friendly help.** Teachers can be an important source of support for children in a family crisis. Let them know that the divorce is taking place. Only half of the teachers of the children studied were even aware that a divorce had occurred. Sadly, only a quarter of the children had grandparents who offered to help and none a pediatrician who stepped in. According to Dr. Wallerstein, one of the nicest comforts for a child in crisis is an adult who says, "Why don't you come have cookies with me?" **End**

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A JOURNAL BOOK EXCERPT



FREEING THE FORCE THAT MAKES LOVING COME ALIVE

WHAT IS THE MYSTERIOUS DRIVE THAT MAKES US WANT TO MAKE LOVE? WHERE DOES DESIRE COME FROM—AND WHY DOES IT SOMETIMES SLIP AWAY? ANSWERS TO ALL YOUR QUESTIONS IN THIS LIVELY GUIDE TO A VERY SPECIAL SORT OF NATURAL RESOURCE. BY FLORA DAVIS

- Do people who are generally low in energy have less sexual energy as well?
- Does lovemaking generate energy, or is it merely a way to spend energy?
- If a couple are mismatched in their sexual appetites, how can they negotiate that particular kind of energy gap?
- Are there ways to increase your sex drive?

The sex drive is powerful, unpredictable—mysterious. Sometimes we experience it as an inner urgency that can't be ignored and is difficult to suppress. Sometimes it's elusive: When we try to summon up desire, it just isn't there. Most of us have known both the power of the sexual drive and its waywardness, and in this permissive age we tend to feel good about the former and uncomfortable about the latter. As we move into the 1980s, *there are probably very few Americans who are concerned about being oversexed, and a great many who sometimes worry that they may be underendowed with sexual appetite.*

We've all experienced sexual energy, and so we tend to assume that everyone else feels it—and ought to express it—in the same ways. Faced with the fact that someone else is different, we either take it for granted that there is something wrong with the *other* person, or else we start to wonder why we're not normal ourselves.

Actually, not only do sexual preferences vary a great deal, but people are undoubtedly born with very different sexual-energy potentials. Take Liz and Carl, for example, whose four-year marriage ended in a bitter divorce. If their sexual appetites hadn't been so mismatched, Carl suggests, they might have lived happily ever after. To Liz, however, it wasn't the sexual-energy gap itself that was to blame, but the way they both reacted to it.

"Sex was one of our many problems," she explains. "Carl made it very clear that he was unhappy because I didn't want to make love more often. He said that I must be very inhibited, and after a while I began to wonder if he was right. In the end, all he had to do was mention sex and I felt pressured, angry and insecure. He, in turn, reacted with anger and hurt feelings whenever I said no. Although sex wasn't the only issue between us, it began to *(continued)*

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SEXUAL ENERGY
continued

loom so large that it seemed useless to try to resolve our other differences."

Surveys show that American couples make love, on the average, two and a half times a week. What the statistics *don't* show is the enormous range of differences in sexual behavior and appetite. Sex researcher Alfred Kinsey found that some people, from an early age, have a strong and virtually unflagging sex drive, while others almost never feel the stirrings of desire. Most of us, of course, fall somewhere in between.

Still, it's a rare couple that is perfectly matched. If there is a sexual-energy gap, it's hard to live with. But before considering what can be done to bridge it, let's go back a step and ask: Why are people so different? What *is* sexual energy, anyway, and where does it come from?

The sex-and-energy connection

It's hard to say exactly how sex and energy are related. In fact, sexual energy itself is difficult to define. Psychologists today think of it as a "drive"; thus, they lump physical passion in with the other basic animal requirements—with the need for food, water, sleep, warmth.

However, in fundamental ways sex is quite different from those other drives. For one thing, you can live without it. You may feel starved for it, but the condition isn't fatal. In addition, when you satisfy your hunger or thirst, you're taking energy *in*; to satisfy the need for sex, you have to *spend* energy. As a result, some people develop strong (and sometimes eccentric) convictions about the way sex affects their basic vitality.

Some, for example, are convinced that the sex drive has to be hoarded, that if they make love too often they won't have the energy to do other things. New York psychotherapist Leah Schaefer, author of *Women and Sex*, remembers an actor who would give up sex entirely whenever he was deeply into rehearsals. "He really felt that he had a limited amount of energy, that if he used it up in sex, he wouldn't have it for his performance," she says. On the other hand, there are people who find that lovemaking *generates* energy. After Phil and Melanie make love, for example, he is galvanized: wide awake, full of pep and usually ravenous. While he gets up to raid the refrigerator, Melanie sinks contentedly into sleep, because after sex *she* feels utterly relaxed.

Why do people react so differently to sex? "If you think sex takes something from you that you'll never get back, you tend to save it up," Dr. Schaefer suggests. "A lot of people feel that life rationed out to them a finite number of orgasms, or compliments, or money, or good times, or whatever, so they're reluctant to spend what they've got."

In addition, there's a surging power to sex that can be frightening. In her book *On Love and Sexuality*, psychotherapist Dr. Edrita Fried points out that arousal is accompanied by many strange sensations. The body seems lighter; you may feel as if you're floating or actually flying. This can be intensely pleasurable—or quite terrifying. Another source of panic is the loss of control that comes with orgasm—some people are afraid they'll go crazy. Small wonder, then, that they feel depleted after making love.

It seems certain that such sexual differences are not just a matter of upbringing but are partly inborn, for individual animals differ just as people do. Are hormone levels the key? It's possible, but scientists simply aren't sure. Many researchers suspect that the male sex hormone, testosterone (also found in the female body), generates desire in both men and women. Other investigators have probed for a connection between sexual energy and the hormonal shifts involved in the menstrual cycle, trying to pinpoint when a woman's drive reaches its highest point. So far, however, test results have been inconclusive.

If hormone research is still at sixes and sevens, it may be because psychological factors play such a major role. Sex, after all, is partly in your head: You don't become aroused unless you put your mind to it, and even if you do put your mind to it, you can still choose not to act.

Much of this, of course, has to do with the way you were raised. One might think, for example, that a person who's generally full of get-up-and-go would be a dynamo in bed, too. It's not necessarily so. Upbringing has an extraordinarily powerful influence on sexuality—in some cases, it can suppress drive altogether. Thus, a high-energy but puritanically minded person, dedicated to his career, might choose to be a lot less sexually active than a low-energy but sensual individual for whom sex has a high priority.

So what *does* trigger sexual energy, and why do some people seem to have more of it than others? We don't really know the answer. But we do know that when people with different desires share the same bed, it can cause problems.

How to negotiate a sexual-energy gap

Some couples never actually confront a sexual-energy gap. Instead, the more ardent partner tries to get around it—by having discreet affairs. That's the case with a 42-year-old woman I'll call Jane, married for many years. By now, she and her husband make love only about once every ten days. For him, that seems to be often enough. It's enough for Jane, too—but only because, for the past five years, she's been involved with another man.

Jane's method of coping may be a solution of sorts, but hers is a marriage in which emotional exchange, as well as sexual relations, have partly broken down. Her arrangement will have little appeal for close-knit couples who want to solve their sexual problems, yet still remain faithful. Most work out their own compromises. Some, however, have begun to seek assistance at sex-therapy clinics.

How can a clinic help? To determine the approach best suited to a particular situation, sex therapists look first at all aspects of a couple's relationship, not just the sexual side. Anger and hurt feelings, they say, may depress the sex drive, so a sexual-energy gap is sometimes merely a symptom of other problems.

"All you want is sex"

"The sexual relationship tends to be scapegoated," explains Dr. Maj-Britt Rosenbaum, director of the Long Island Jewish–Hillside Human Sexuality Center in New Hyde Park, New York. "It's used as *the* reason, the concrete symbol of all the other resentments and unfulfilled needs. The problem may have more to do with sharing and pleasure in general, but it's expressed not as 'You don't hear me,' but as 'All you want is sex.'"

Take a wife who is not getting enough sex—she often feels unattractive, undesirable. Sometimes, all that's necessary to restore her confidence is to make the point that her husband's appetite simply is what it is and it wouldn't be any different with some other woman.

In other cases, a compromise must be worked out—seldom a simple matter. Often the high-drive person really doesn't want to have less sex, observes Dr. Leonore Tiefer, an Associate Professor of Psychiatry at Downstate Medical Center in Brooklyn, New York. And while the lower-drive partner would be willing to make love more frequently if he (or she) could work up enough interest, he simply can't. So a couple may agree that from time to time, the husband will stimulate the wife to climax, even though he's not in the mood for sex himself. Another solution might be to spend more time cuddling, if not having intercourse, so the more passionate partner won't feel deprived of intimacy.

But is it possible to actually narrow the gap—to increase the sexual appetite of the reluctant partner? That's a complicated question, and an increasingly common one. In fact, Dr. Rosenbaum estimates that perhaps as many as half her patients have sex-drive problems. Some say they've never had much interest in lovemaking; for others, the drive has mysteriously dried up.

Some people can get by quite comfortably without sex for months or even years at a time. If a man has that kind of history, Dr. Rosenbaum has found, it's more difficult to help him than a woman with similar problems. Perhaps that's because our culture is more permissive about male sexuality, so it's less likely that a man with a low drive has simply repressed it. But, says the *(continued)*

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doctor, "women tend to come alive in therapy in a very different way. Often, we can awaken something there."

Since poor health can diminish sexual interest, the first step in the treatment is usually a general physical checkup. Dr. Rosenbaum doesn't order hormone tests for female patients, because scientists still don't know very much about the way hormones affect sexual appetite in women. With male patients, though, she generally checks the level of testosterone in the blood. Testosterone is not a guaranteed aphrodisiac, but where the level is low, treatment with this hormone can generate a temporary surge of sexual interest, putting the man in touch with the fact that he *does* have sexual energy. "It gives him encouragement," Dr. Rosenbaum explains, "especially if he has become afraid of failing."

Ordinarily, however, therapists are unable to find any physical explanation for low sex drive; in most cases, they assume that the problem is psychological. What's involved here, as some clinicians describe it, is "freeing the sex drive from its shackles." According to Dr. Tiefer, when sex therapists train at the Masters and Johnson clinic in St. Louis, Missouri, the first thing they're taught is that sex is a natural function. Although therapists can't cause sexual desire or take it away, they *can* help patients loosen inhibitions. When treatment is successful, desire flourishes naturally. As Dr. Rosenbaum puts it, "The life force is on our side."

In general, sex therapy focuses on a few tried-and-true techniques. "First of all," says Dr. Tiefer, "we try to encourage people to do those things that seem to have worked in the past, like just being nice to each other and telling each other what they like in sex." Often, a temporary period of abstinence is recommended. The husband and wife are shown how to caress one another, but they're told to stop short of intercourse. These exercises can be a revelation: Couples are able to talk honestly for the first time about what they enjoy and how they prefer to be stimulated.

Patients also have regular consultations with a sex therapist, so that sexual histories and attitudes can be explored. One of the easier tasks during these sessions is to debunk some common myths about sex. "Many people feel that their own sex lives are dull by comparison with what they read about or see in films," Dr. Rosenbaum says. "They're relieved to hear that nobody in real life has intercourse for two hours at a time."

Fantasies, Dr. Rosenbaum believes, are another important element in sexuality, so she encourages couples to use their imaginations when they make love. By fantasy she means "anything that will take you out of the present moment," whether it's daydreaming about sex beforehand, imagining what might come next during sex play, or remembering afterward. There are more dramatic fantasies, too, and couples can sometimes share them—pretending, perhaps, that they're alone together on a desert island.

Fantasizing, however, also can be a defensive maneuver, a way to escape the immediacy of lovemaking or to screen out the feelings you have for your partner. When you pretend during sex that you're with a different lover, it's not *necessarily* hostile or defensive. But, says Dr. Rosenbaum, "we listen carefully when we hear about it and wonder what's going on."

Sometimes, sex therapy solves old problems only to create new ones. Dr. Rosenbaum treated one young couple who came to the clinic because the wife was eager to have a baby. But since she'd been raised to believe that sex was "dirty," she was too frightened to enjoy it. Through therapy, she became much freer—obviously, her fear had held back a strong basic sex drive.

Now the problem was the husband's lack of interest. He had never had much of a sexual appetite; though he was willing to have a child, he wasn't putting any pressure on his wife. "He was a rather unemotional man in other ways, too," Dr. Rosenbaum recalls. Apparently, he tuned out both his own feelings and the sexual messages from his body. It wasn't that he didn't enjoy lovemaking once he got involved in it; it was just that it was hard for him to work up any enthusiasm in the first place. "We almost had to force a structure on them," says the doctor. "We had them make dates for lovemaking, and that seemed to work. He's never going to be a fireball, but they have a good relationship in other ways."

When the sex drive suddenly vanishes

Lifelong sexual apathy is relatively rare. Much more common are the couples who come to a clinic for help because one partner has mysteriously lost interest in sex. Actually, it's normal for sexual energy to fluctuate somewhat over the course of a lifetime. For men, the drive is strongest in late adolescence or in their 20s; a woman's peak is more apt to occur when she's in her 30s or 40s.

Obviously, too, certain changes in a person's life can trigger changes in sexual response. For many women, the early years of child-rearing are a time of lower interest. In nurturing babies and small children, Dr. Rosenbaum believes, a mother may satisfy much of her own need for closeness, for touching and hugging. Then again after menopause many women—though not all—experience an upsurge of passion. They feel freer, perhaps because they no longer need worry about becoming pregnant.

Therapists try to assess the impact of other events as well—a new career, a death in the family, a financial crisis. In a period of emotional depression, an individual rarely has much interest in sex. Sexual apathy here is only a symptom; the solution is to treat the depression.

The clinics also ask patients what medications they're taking, since some drugs can hold down sex drive. In a few cases, women who are on birth control pills become lethargic, depressed or irritable—and they begin to lose interest in sex. How about other drugs? "The major tranquilizers put a straitjacket on sexuality," Dr. Rosenbaum says. "And the minor tranquilizers work in much the same way alcohol does. One Valium is relaxing and may free sexual energy, but if you take more you become drowsy, and if you abuse the drug you'll have less interest in life *and* in sex."

When there's no apparent reason

Drugs, depression, a relationship fraught with anger and tension: These are relatively simple and obvious explanations. Sometimes, though, desire vanishes for no apparent reason. When that happens, it's important not to panic. It's important, too, to have a mate who is loving, patient and supportive. In his book, *Becoming Partners: Marriage and Its Alternatives*, therapist Carl Rogers described such a time in his own marriage, and his wife's reassuring reaction:

"During my forties," he wrote, "there was a period of nearly a year when I felt absolutely no sexual desire—for anyone. No medical cause was found. Helen was confident that my normal urges would return and simply 'stood with me' in my predicament. . . . Her quiet continuing love meant a great deal to me and probably was the best therapy I could have had. At any rate, I gradually became sexually normal once more."

What do the experts advise if you or your husband experience a sexual slump? Surprisingly, the therapists I talked to don't believe couples should hurry right off to a sex clinic. As a first step, they suggest, try to cope with the problem on your own. Talk to each other—together you may be able to figure out what has gone wrong. You might also experiment with techniques therapists use: caressing each other, sharing fantasies, setting aside special times for sex. Confiding in close friends might help, too. If they report similar experiences, that could be all the reassurance you need. Or, consult a doctor, minister or psychotherapist. Head for a clinic only if persistent sexual problems threaten to do permanent damage to your relationship.

A sexual mismatch needn't be tragic. It is no easy matter for a couple to deal with a difference in their drives, but with patience and love, it can be done. And when having sex makes you feel better about the world in general and yourself in particular, it's bound to give you greater energy for all the good things in life. **End**

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YOU AND YOUR HEALTH



LHJ's DOCTOR

A NEW *JOURNAL* MEDICAL SERIES, ANSWERING THE QUESTIONS WOMEN WOULD LIKE TO ASK THEIR DOCTORS, BUT SELDOM DO. OUR AUTHORITY IS AN OUTSTANDING PHYSICIAN WHO BRINGS A SPECIAL WARMTH AND KNOWLEDGE TO THE DOCTOR-PATIENT RELATIONSHIP.

By Michael J. Halberstam, M.D.

"How Often Should I Have Checkups?"

"Doctor, how often should I get checkups?" asked my patient, a 28-year-old single woman in general good health. She had come to my office for a routine vaginal examination. "For instance, I used to hear that women should have a yearly Pap smear," she continued. "But I read in the paper that the American Cancer Society recommends a Pap every three years. Who's right?"

"I don't blame you for being confused," I answered. "The Pap smear is a good example of how medical thinking about checkups has changed in the past few years."

The Pap smear, I explained, was devised in the 1930s. Greek-born George N. Papanicolaou realized that many cancers could be detected in the early stages because they shed abnormal cells into the body fluids. This is particularly true of cancer of the cervix, a common malignancy among women.

By periodically taking a sample of cervical cells shed into the vagina—a quick and painless process—doctors can find the beginnings of malignant cells long before a cancer has begun to spread. A cytologist, or cell expert, examines the Pap smear under a microscope, searching for nuclei that are darker and larger than normal. Any abnormality found in the cells is graded in the laboratory, and your gynecologist can then explain the results to you.

Thanks to extensive public education, the yearly Pap smear has become an American ritual. Many women who ignore every other aspect of their health regularly have the test done.

Changing views

In the past 30 years, the rate of cervical cancer has fallen, but doctors have decided that this dramatic decline could not be attributed entirely to the Pap smear. A variety of studies have linked the prevalence of this cancer to different social factors, such as how early a woman begins having sexual intercourse, early childbearing and the number of pregnancies. Also, as the level of education and hygiene in our society rose, the national average of cervical cancer dropped.

More recent research has shown that malignant or premalignant changes in the cervix do not happen overnight, or even within a year. Rather, the process is a slow one. Based on this information, the American Cancer Society has recently made new recommendations. If a woman has had two consecutive annual Pap tests that are normal, the revised guidelines say, she needs to be retested only every three years.

"So it's wrong to have a yearly Pap smear?" my patient chimed in.

"Wrong isn't the right word. Even the American Cancer Society's recommendations are just that—recommendations. Many doctors don't agree."

"How come?"

"For one thing, despite all the publicity, most reporters missed one very important footnote that accompanied the Cancer Society's advice about having a Pap test every three years. It read, *High-risk women should have more frequent Pap smears*. Unfortunately, the organization was not very specific about who they consider 'high risk.' Many experts, however, include any woman who has ever had more than three sexual partners, or who began having intercourse before twenty years of age."

"That's quite a number of women," she responded. "What do you recommend?"

"I still suggest yearly Pap smears. So does the American College of Obstetricians and Gynecologists. The main reason that the American Cancer Society came out against annual Paps was because of the skyrocketing cost of medical examinations on a national scale. It's not as though the Pap test is dangerous or particularly expensive for the individual woman.

"By cutting down on the frequency of Pap smears, we would probably miss only a small number of early cancers. However, we would undoubtedly miss some, at least at the stage where the cancer could be cured by comparatively minor surgery without performing a hysterectomy. I don't think that the anxiety many women would feel if they waited a longer interval between tests is worth the amount of money that might be saved by having exams less often.

"Also, one point often overlooked is that, like many tests, the Pap is not necessarily one hundred percent accurate. Its interpretation depends upon the judgment of the cytologist examining the slides. If a premalignant change in cells is missed or misinterpreted one year, it's likely to be picked up the next. I wouldn't want my patients to wait three, maybe even six years, before the next accurate test."

Other recommendations

"Aside from the Pap smear, what other tests should I have done regularly?" my patient asked. "I'm almost thirty years old."

(continued on page 162)

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Do people think your older sister looks younger than you do?

That's not an easy question for any woman to face. But it happens. Haven't you mistaken a younger sister for an older sister at least once or twice? Maybe you should take an honest look at your skin before someone else does. Do you look older than you really are?



You probably never thought you'd catch up to a woman who was a few years older than yourself. But unfortunately, maybe you have. Many women around the world share your concern, and many who do also share the secret of a mysterious beauty fluid that helps them look younger. Here in the United States, that secret is known as Oil of Olay.®

Oil of Olay is unlike anything you've ever tried before. Because Oil of Olay is so similar to the natural fluids abundant in younger skin. That's one reason why your skin responds so naturally, so quickly. In fact, Oil of Olay starts penetrating instantly, quenching thirsty skin with its precious tropical oil and emollients.

Just smooth Oil of Olay onto your face and throat every morning, every night. This skin-cherishing fluid replaces dryness with smoothness and eases the lines that can tell too much. And, before long, even those little laugh lines will be less evident.

Not only will your mirror tell you that the luster and radiance of your skin has returned, but friends and family are likely to notice it, too. They may not say anything right away, but they'll know that somehow, something about you looks "different."

And Oil of Olay isn't greasy, so it makes an ideal foundation under makeup. Actually helps keep the finish smooth and even-looking. Oil of Olay gives bare skin such a fresh look, you may want to wear it all alone for a soft, dewy glow.

No woman wants to feel she looks older than she really is. And that's why so many women cherish the secret of Oil of Olay. Why not discover the secret for yourself and start looking like the younger sister you really are.

Oil of Olay. It can help you look younger, too.

Beauty Hints:

To give yourself a silky facial, try this simple but luxurious beauty hint. Draw a hot bath and lavish Oil of Olay® beauty lotion onto your face and throat. The steam of the tub opens pores and makes your skin more receptive to the benefits of Oil of Olay. Soak for thirty minutes and then gently pat skin dry with a soft terry towel.

To prevent your neck and throat from becoming slack and tired, use this simple toning method. Soak a cottonball in lemon juice and briskly smooth it on neck and throat using upward, outward strokes, stimulating the circulation until any sallowness is corrected. Follow with a gentle massage of Oil of Olay.

NORMAN MAILER writes a new "fantasy autobiography" of MARILYN MONROE

"OF WOMEN AND THEIR ELEGANCE"

with photographs by Milton H. Greene



Pulitzer Prize-winner Norman Mailer has again written a brilliant, controversial new book, *Of Women and Their Elegance*. Always fascinated by the legendary Marilyn Monroe, whom he never actually met, he previously wrote her biography, *Marilyn*, which this magazine excerpted in 1973. Now, daringly, Norman Mailer has returned to the Monroe story to explore the meanings of beauty and the differences between men and women. It is, in Mailer's own words, "a false memoir" or a "fantasy autobiography," illustrated by the extraordinary photographs of Milton H. Greene. Some of the material is based on fact; much evolves from the imagination of this major American novelist. A reader will have to unravel the real from the unreal. (See the publisher's note at the end of this excerpt.)

We have chosen to select that portion of the book which deals with the romance of Marilyn Monroe and her third husband, Arthur Miller, whom she married on June 29, 1956. (She previously had been married to Joe DiMaggio.) It also indicates the strong relationship between Marilyn and Milton Greene and his wife Amy, in the period in which the fashion photographer was managing her career. The last section of our excerpt foretells Marilyn Monroe's tragic death in August, 1962.

This *Journal* excerpt is only part of a rich, complicated and often disturbing work, which should be one of the year's best sellers. The chapter opens shortly after Marilyn Monroe meets Milton and has formed a business partnership with him.—The Editors.

(continued)

Copyright © 1980 by Norman Mailer and Milton H. Greene. From the forthcoming book OF WOMEN AND THEIR ELEGANCE, by Norman Mailer with photographs by Milton H. Greene to be published by Simon & Schuster. Printed by permission.

In his new book about Marilyn Monroe, Norman Mailer makes believe he is she, and writes "a fantasy autobiography" in what he feels would be her own words.

NORMAN MAILER

That first week at the Waldorf was when those particular memories came crawling in. I realized why I scream when I see cockroaches. It's because they look like the beginning of horrible thoughts. I certainly would turn away from the mirror, then. It would get too morbid. I watched TV instead, and on my black-and-white set everything looked like Seidlitz powders. I didn't like television because it made me want to burp. On the other hand, it was a little like having another person in the room. Nobody impressive, of course. Somebody who was pale and had a lot of stomach noises. Color TV was like they were putting makeup on that pale person. A very unhealthy person with a wheeze in their lungs and a twitch—if you got to know them well they would tell you about their operations. So I used to think TV was ridiculous. The entertainment industry, instead of understanding that they had this unhealthy individual who could only do a little bit, had it out instead working hard. Maybe one year it would come down with some awful disease, but in the meantime they were giving it dancing lessons.

Still, it was TV that allowed me to get my faith back in Milton. There were big offers coming in now for me to do dramatic parts on television, but Milton always said no, even though the Waldorf Towers was costing him $1,000 a week.

"You don't think I can act," I would tell him.

"I don't think TV can act," he would tell me back. "It's not for artists of stature like yours." The way Milton said "artists of stature" made I understand that a little part of myself would alw trust him completely. "I see nothing but heights you," he added. "TV is in the flats."

I was in such a peculiar situation. I was very m in love with Arthur Miller. In fact, before I left Conne icut, I had even told Milton I wanted to be in N York near the man I loved, all the while knowing t Milton Greene had always supposed I was secretl love with Milton Greene, but I was also beginning understand that the more guys I got interested in fo day or two, like Marlon Brando, or Prince Rainier, more I came back to thinking about Art who had perfect first name for a playwright as great as Ar Miller, Art as in Great Art. I used to call him AM because liked to get up in the morn Oh, Art, if he hadn't been talented, he really could h worked for some big compe and been out in the motel ing room for breakfast at se A.M. (good old Arthur Miller tir with his white shirt, his skinny tie c his attaché case full of samples. stead he was loaded with Art ar loved him.

Later, when Amy found out, wanted to know how we met. I h



"Arthur Miller is the gentleman I'm seeing, but you have to understand he's married and has children and a home, and I am not a homebreaker."
—from *Of Women and their Elegance*

MARILYN MONROE

anted to keep Arthur Miller such a secret from her at I wouldn't even think about him in her presence. ne was capable of looking up to say, "You're hiding man from me." When Amy was just a baby in Cuba, ne had been suckled by a witch, or at least that as what her family told her, and it must have gone ght to her nose. Amy can smell the air, and watch ut, your secrets are lost! I was glad, therefore, she und out finally. Then I could tell her how I ran into rt years ago before I even met Joe DiMaggio, and ow it had been like a scene in a 20th Century-Fox novie musical, only better, because I had been ll alone on the set of a sound stage. Since there as nobody else in the building, I was making be- eve that I was having a dance with Fred Astaire. In ne middle of having this wonderful time with Mr. staire, I heard the door open. I houldn't have been there, o I thought, it's the guard, ll get thrown out. I hid behind ome crates.

Only it turned out to be vo men who weren't guards, nd one of them was a famous novie director named Elia Kazan nd the other was Art. I didn't know hat they were talking about, but I ould hear them speaking, then ll of a sudden I sneezed, which nade them realize somebody was there. They must have wanted to be alone to have a private talk, because now they were upset. The shorter man, Kazan, came back and found me. There I was shivering behind a crate. "Who are you and what have you heard?" he wanted to know. I was practically whimpering telling him I didn't know anything. All the same, it turned out all right. I started having a little romance with Mr. Kazan, and we became good friends, which is what I mean, it doesn't always have to be horrible afterward.

Anyway, Art was merely the shy guy in the background at the time. I knew he was a famous playwright, even though I'd never seen *Death of a Salesman,* but I had nothing really to do with him during that period. It was Elia "Gadge" Kazan I started seeing a little. But one night, at a small party Mr. K. took me to a few weeks later, I happened to go out in the garden, and Mr. Miller and I started to talk, and I told him all about how I loved Abraham Lincoln and thought he was the greatest man who ever lived. All the while we were talking I noticed that AM certainly looked like Young Abe, and if AM had been an actor, and I was a casting director, I would have given him the role. To make it perfect he told me he had gone to Abraham Lincoln High School in Brooklyn. All the while we were talking—and it was for hours—he held my big toe. I felt like he was a gardener and I was a beautiful flower. He was taking care of my roots. He had the nicest hand, *(continued)*



Photographs by Milton H. Greene.

Portrait Fashions

The Art of Great Dressing



Today's fashion masterpieces signal the return of femininity—a romantic and tempting, supremely individual way of dressing. Suddenly a woman can rush home from her office or meeting and change from a strict suit into something wonderfully special. Even though these clothes may harken back to other times and places, they're totally modern, sophisticated. There's unexpected variety and flavor. You can be captivating with the glamour of a Spanish contessa, in a mood reminiscent of the great master painters, Goya and Velázquez . . . or capture the dash of Byronic velvets, dark and mysterious, with the dramatic sweep of a cape. Or move in taffetas that rustle with an intriguing whisper . . . or beguile in poetic organzas and laces. Here, we show designer-looks (elegant, expensive) as strong statements of trends you'll be seeing, wanting and wearing now and for seasons to come. By Trudy Owett, Fashion Editor.

Innocent yet flirtatious—above, the sumptuous swish of plaid taffeta. Blouse with sweet lace collar, full swirl skirt ends in a deep flounce. By Kasper for J.L. Sport. Waist cinched by gentleman's cummerbund.



Photographs by Richard Noble. Hair and makeup by Leonardo de Vega.
Fashion and accessory information on page 158

High drama—images of striding across the moors, galloping away on a spirited stallion. Gallant green Harris tweed cape with velvet collar over creamy linen dueling blouse with ruffled bib, a forest green velvet dirndl skirt. All, Ralph Lauren.



Evoking the courtly splendor captured by Goya—a brilliant red wool jacket embellished with black embroidery over a white silk crepe de chine blouse with ruffled jabot, midnight black cotton velveteen skirt. All, Oscar de la Renta.

Fashion and accessory information on page 156.

Lass with a delicate air—a poetic evening dress for drifting about like a floating cloud. Embroidered ivory silk organza blouse with puffy sleeves tucks into an ankle-length skirt, sashed with satin. By Charlotte Ford.



ADD SPACE TO YOUR PLACE

ADDING A ROOM TO THE HOME YOU ALREADY OWN MAY BE THE SMARTEST (AND CHEAPEST!) ANSWER TO YOUR NEED FOR MORE SPACE.



With interest rates hovering on the high side, many Americans are deciding there's n place like home . . . wisely choosing to add a room (or more) instead of buying bigger place. Money isn't the only factor. Several homeowners in our story staye because of proximity to schools, commitment to neighborhoods or just a sentimenta feeling. In fact, "don't move, improve" could be called the motto of all three familie featured here. One needed an extra work/play area; another converted a garage; th third doubled its living space. But builder beware: We're honor-bound to tell you that add ons are contagious. Each of the houses on these pages had already grown once befor For more advice on additions, see page 122. By Joan Tully, Home Editor









Wanted: a children's playroom, a comfortable work space. In answer, owners Robert and Sue Morrison added on to their lovingly restored Massachusetts home. The original room of the house was built in 1808; the rest, in 1844. Sue, a graphic designer who often works at home, and architect Douglas Trees collaborated on the 14x22 ft. addition. "We hired an architect to keep both parts in harmony. An artist myself, I didn't want to ruin the house's classic lines," Sue explains. Above: The roof of the saltbox-like addition echoes the steep pitch of the original house. But unlike the latter's small rooms, this one's spacious and airy with sliding glass doors. Another bonus: The brick patio, once visible from the road, is now a private oasis. Inserts, top: The house gained a new front entryway, a sensible solution to separate the addition from the main house. Plus it allows the family to close off any clutter. Below: Bright yellow storage spaces hold practical gear and pleasures galore for Sage, 5, at the easel and Todd, 7. The far end's reserved for Sue's work and sewing. The addition cost $15,000 including all built-in cabinets.

Photographs by Enrico Ferorelli. Shopping information on page 156.

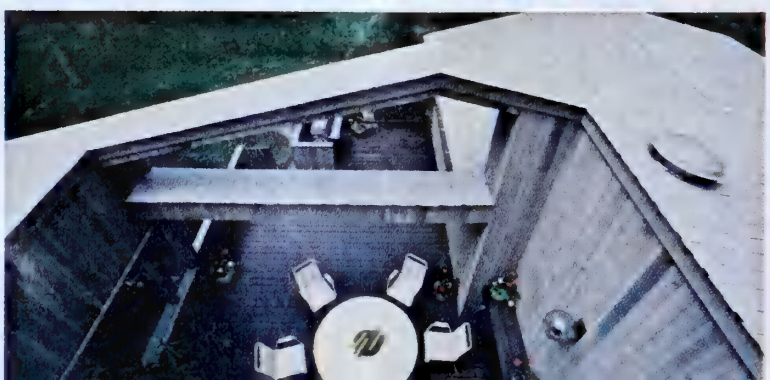
ADD SPACE

Turning a house into a home is a continuing, creative process.

"We couldn't even afford to buy this place today," says Linda Hirschman, explaining why she and her husband David decided to add on to rather than move out of their New Jersey house. It was the "model home" in a development, a modest, three-bedroom tract house for which they paid $34,500 in 1968. Today, they have almost doubled the space with a 1,000 square foot wing plus a deck (at a total cost of $65,000). Even though their investment is now high, the house is probably worth close to $200,000. Economics were not the sole factor in their decision. The Hirschmans liked the locale and the fact that their two children, Erica, 12, and Jeff, 14, attend school only a block away. Since Linda works, proximity to school activities is a priority with busy teenagers. The kids, too, were one of the main reasons for the addition. "When they are little, you don't mind if they're on top of you," Linda remarks, "but when they reach their teens, it's better not to see their rooms, hear their phone calls." She loves the sense of privacy that resulted from architect Barry Poskanzer's design. He put the children, each with a large-sized room of their own, in the new wing. The wall between their former tiny bedrooms was knocked down to create an intimate sitting room off the master bedroom. Below: The new wide-open kitchen, with recessed ceiling lights, a polished hardwood floor. "The old kitchen was so small," describes Linda, "one could stand in the middle and touch all four walls." It was enlarged

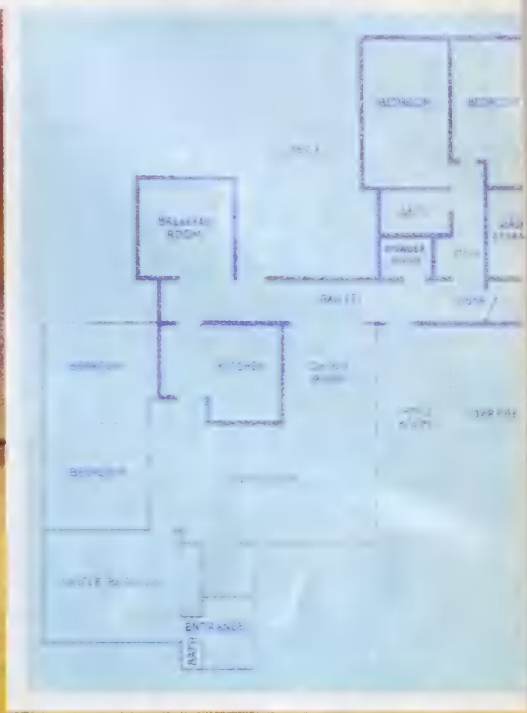






and remodeled by taking out an existing bath and closet. The clean white space seems even larger because it flows through the gallery to the sunny new breakfast room beyond. Inserts, below, left: One long, sunlit gallery connects the old part with the new, lets the sun stream in on leafy green plants. Right: Huge new wooden deck where geraniums thrive is a casual place for a family dinner or for entertaining. Inserts, at right, top: The enlarged house with its new sprawling size still doesn't overwhelm either the land or the neighborhood. The most dramatic difference from nearby traditional homes—the entire exterior's been redone in contemporary vertical cedar siding. Below: The master plan, a blueprint of the finished house with its new addition, including enlarged kitchen, marked in a darker outline.







ADD SPACE

Ask yourself, what do you want in a house? Then, make a checklist and match what you have against what's lacking. That's precisely what Geraldine and William Kaupp of New Jersey did when they were weighing the pros and cons of moving or staying. "After figuring out the higher interest rates and the cost of moving itself, we decided it was far better and less costly to add on instead," says Bill. Among the Kaupps' wants: a family room for themselves and the children (Caroline, 3, and Gordon, 5); two more bathrooms; lots more closet space.

ROOM TO GROW

What they had on hand was a ready-to-be-converted space. An attached garage (right side of insert, opposite page) had become unusable when a house next door blocked the access. The wooden garage included a partial loft, lending immediate possibilities for a two-story addition. The Kaupps worked directly with a local contractor who came in with the lowest bid (final cost: $16,000). Below: The main part of the garage was transformed into a wonderfully light room, reminiscent of a year-round garden. Bay windows and a pair of skylights open up one end; the blue and white color scheme looks inviting. It's easy to maintain with wicker furniture, parquet flooring, few accessories. At the opposite end, they carved out a handy half-bath and walk-in closet. Opposite page: The upstairs loft space was turned into pure luxury. The Kaupps added this master bath with wallpaper and fabric in a lighthearted print. A skylight brings in an open-air feeling. Both Geri and her husband share this serene room, freeing up a hallway bathroom for the children. Also added, a small dressing room with a dressing table, built-in drawers and a wall of closets. This wealth of storage space was sorely needed: Bill had been hanging his day-to-day clothing in a far room for the past five years. Even though the final product worked out well, the Kaupps, like most people who remodel, found that the job cost more than they expected.

LESSONS LEARNED

• Get a formal, itemized contract. "There are always additions and deletions as the work progresses," Bill explains. "And the buyer ought to know roughly what they are worth." • Homeowners should get a permit from the town or city to make an addition. The building inspector can be useful in giving expert advice. • Geri's tip to any future remodelers: "Don't forget to add in the one figure that we overlooked in our budget—the cost of decorating all the new rooms!" • Although some contractors will finance an addition, Bill feels that dealing with a bank is better. "That way the bank becomes the 'bad guy' with the money. They inspect the house and won't release final payment to the contractor until you're happy with the job." More remodeling tips, page 122.



Wicker sofa from The Gazebo; all other wicker pieces from Wicker Garden, both, N.Y.C. Opposite: Wallpaper and fabric from First Editions. Shopping information on page 156.



Beauty at Work.....

FACING A NEW CHALLENGE

An air of confidence . . . a sense of self . . . a look that's polished, pulled-together. These are strong priorities for every woman who works—but especially for that special group we're calling "women-in-transition." Someone starting her first job . . . switching fields . . . re-entering after raising children . . . or being promoted in a big leap up the ladder. Each of these major changes requires a fresh appraisal. Here and on the following pages are four terrific women at different points in their careers—from building a business at home to cracking a traditionally male field. All were faced with the same basic challenge: how to update their on-the-job image. The results: easy, manageable hairstyles; softer, prettier makeup. Read on for their success stories, plus ways a smart new approach can work wonders for you.

By Maureen Lynch, Health and Beauty Editor.



Photographs by James Houghton. Hair styling by Oribe, makeup by Louis; both from the Private World of Leslie Blanchard. All hair color products by Clairol. At right: sweater and suit by Evan-Picone.





New Job, New Image

What's it like to go from full-time mother to super-charged broker/sales manager/partner in a new real estate firm? Barbara DeMeo, 31, of Daniel Gale Assoc. on the north shore of Long Island, is flying high on the excitement. Her story is a familiar one. Once a registered nurse, she stopped working to raise two babies. When the children reached school age, Barbara began thinking about "something part-time." "A friend suggested real estate and now, here I am, rushing nonstop eight days a week." Parts she loves: creating her own hours, the challenge of closing a deal. Constantly on the move ("my car is my office"), Barbara dresses in suits to meet new customers, wears slacks, blazers occasionally. Her fine hair, too long, straggly and faded from a leftover perm, was first enriched with a foam-in rinse (Happiness by Clairol), then blunt-cut for versatility. It can be pulled off her face (showing a classic widow's peak) for day; set in soft waves or a French twist for a sexy evening look. Makeup was minimal to enhance Barbara's coloring. A light foundation brightened fair skin; red-brown contouring brought out cheekbones. Brows were brushed up to accentuate the arch. Neutral eye shadows (nothing harsh) played up beautiful hazel-green eyes.



BRIGHT BEGINNINGS

Elizabeth Munro, 23, took the biggest leap of all—from a no-frills college look to career-sensational. A recent graduate, she walked into Career Blazers, a New York placement agency, seeking expert guidance. "With my background as a psych major and my only work experience as a sous-chef at a French restaurant, I was *very* flexible." Elizabeth walked out of the interview with a firm offer to start training with them. Now a full-fledged placement manager, she's become adept at selecting the right person for the right job. At Leslie Blanchard's salon, Elizabeth's hair was shaded a sunny color with warm highlights (Clairesse by Clairol). To slim her roundish face, a center part was switched to one side, the top layered into soft bangs. The fine, thin texture made her casual college-style often look, in her words, "unkempt." When cut to shoulder length, it instantly had more bounce, movement. Makeup tricks were also used to narrow her face, bring out her bones. For contouring, a burgundy color below cheekbones, on her temples, sides of chin; pink blusher on cheekbones, carried up around the eyes. For her lips, a pencil outline filled in with rich pinky lipstick shined with gloss. Elizabeth updated: a glamorous yet totally professional look.

Blouse by Jack Mulqueen, sweater by Liz Claiborne.



ACCENT ON ACHIEVEMENT

Dealing with the ups-and-downs on the stock market used to be man's domain. But now, more and more women are tackling "the bulls and the bears," and rightly so, according to Marie Titolo, 41, an account executive at Merrill Lynch in Jericho, N.Y. "With so many independent women and two-breadwinner families, financial planning is very important," Marie reasons. "And often, women feel more relaxed talking to another woman." Mother of two college-age children, Marie started working as a secretary/assistant, took a stock exchange exam (passed with flying colors!) and recently was promoted. Suddenly, she needs to dress-for-success. Her do-it-yourself hair coloring was too black, too flat. Marie was given a deep conditioning treatment for shine. Her old style, long and permed at the ends, made her face seem even narrower. Inches were trimmed off, freeing the neck area. The rest was layered for fullness and softness around the face. Makeup, too, softened her features. Pink blusher, high on cheekbones, across the forehead, added width. Heavy jet-black short brows (overly plucked) were lightened, lengthened with strokes of a pencil. Finally, a dusting of pastel shadows plays up Marie's eyes—making them big, bright and sparkling with delight.

Blouse by Blousecraft



TALENT IN TRANSITION

Nothing slow motion about Ann Dumler, 37, from Southport, Ct. Several years ago, she was a raging success in the merchandising field—highly visible in a fashion-oriented company, Marshall Field, Chicago. Then in an about-face—she switched to a totally different career, moved east with her husband and new baby boy. Ann now buys and sells antique books, running a small shop in the old "servants' quarters" of her home, browsing local estate sales, attending book shows—quietly scouting for her specialties: illustrated children's books, early detective novels. "It's the constant lure of a treasure hunt," confessed Ann. Away from the fashion aura of her former world, Ann felt she was due for a lift. Her own hair color, a dull brown, was lightened to a honey gold (Miss Clairol). She has wonderfully thick hair, versatile with plenty of volume. For her classic look, a smoother style, swept full and flipped under, works well. As a makeup tip for someone with little time, Ann was advised to go for a monochromatic color scheme. Among the newest and best for fall, a range of mauves, pinks and burgundies over eyes, cheeks, lips. Cheeks were shaded in a "V" to highlight her bone structure. Ann anew: with typical American style, tailored and very pretty.

Suit by Evan-Picone



How did the Journal's kitchen pare and shave skyrocketing food costs without skimping on quality or quantity? Our answer: careful planning–and the same steps can work in your household too. Try: ■ Charting out meals for one week or more; better still, a month. Down to details. ■ Taking a checklist to the market to stop impulse buying (you can save up to 30 percent). ■ Being flexible and smart about supermarket sales, seasonal specials. ■ Knowing meat cuts. ■ Considering cost-per-serving instead of initial price. For instance, turkey or ham over four meals can end up being a bargain. ■ Clipping coupons, mailing for refunds. ■ Recycling leftovers, scouting out items on the top shelf, back of freezer, etc. ■ These suggestions are just the beginning (30 more tips on shopping, entertaining follow). But more than memorizing specific rules, fighting inflation is an attitude. Think positively. You *can* stretch a shrinking food dollar–and still feed your family a fabulous meal (including beverages). Just turn the page for our budget menus and, we promise, you'll get your money's worth. Recipes for starred items begin on page 136. By Sue B. Huffman, Food and Equipment Editor.

Photographs by Andre Gillard

9999999999

Um-m-m...hot Corncakes and Bacon (day 2) with a pouring of syrup. Go-withs: tomato/cottage cheese salad; simple fruit cocktail. **68¢**







Hearty Meat 'n' Potato Pie on the sixth. Ground beef with mashed potatoes, cheese. Light tomato/sprout salad, pound cake. **96¢**

89¢ Midweek pickup–Stir-Fry Chicken (10) with carrots, zucchini on rice. Dessert of fruit yogurt and cookies.

September						1980
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

All prices are menu cost per person. They include beverage of your choice, estimated at 6¢ per serving.

1

Entertaining for 6
Country Style Ribs
Corn-on-the-Cob Cole Slaw
★ Banana Rum Puff
$1.27

It pays to look at the fine print in the meat case (and to paw through packages). You can find variable, often illogical, pricing. Occasionally... "family pack" higher than singles.

2

★ Corncakes and Bacon
Tomato/Cottage Cheese Salad
Fruit Cocktail
68¢

Save bacon fat. Strain into a clean jar or can; refrigerate. Use to flavor eggs and brown onions, French fries. Tasty as salad dressing for spinach; good in baked beans.

3

★ Moroccan-Style Liver
Boiled Potatoes
Chopped Broccoli
Sherbet
80¢

Steer clear of high-fat meats. It's plain silly to pay good money for mostly saturated fats.

8

★ Sloppy Pedros on Hamburger Rolls
Celery, Cucumber Sticks
Chocolate Pudding
76¢

Hoard leftover vegetables–even trimmings (outer leaves of lettuce, celery greens). Stir into soups for more nutrition, flavor.

9

★ Philadelphia Scrapple with Eggs
Spinach
Baked Apples
$1.11

Expand your recipe repertoire to include offbeat meats (less expensive) such as pork hocks, lamb shanks, chicken gizzards.

10

★ Stir-Fry Chicken
Rice
Fruit Yogurt
Cookies
89¢

Don't ever pitch meat (or chicken) bones. Get in the good habit of simmering, straining and freezing for fragrant stock.

11

Grilled Franks
★ Fix 'Em Up Baked Beans
Canned Brown Bread
Cucumber Salad
Sliced Oranges
$1.06

Smart shoppers aren't fooled by clever pictures and promises. Study the back of a product for its ingredient list, nutritional labels.





81¢

Lovely and light on a Thursday night (4). Cheese Soufflé Crepes served with green beans vinaigrette, radishes. So-easy canned peaches.

78¢

Tex-Mex for a snappy Saturday night (the 13th)–Huevos Rancheros with eggs, refried beans, taco sauce. Soft tortillas, cool grapefruit salad, cookies.



Recipes for starred items begin on page 136.

4

Cheese Soufflé Crepes
Green Beans Vinaigrette
Radishes
Canned Peach Halves

81¢

For super-budgeters–substitute diced or cut-up peaches rather than halves. Use juice for dressing on fruit salads or mix with orange juice for the kids.

5

Baked Chicken
★ Dilled Zucchini and Carrots
Potato Puffs
Baked Bananas

99¢

Bananas are a year-round good buy. If ripening too fast, stick in fridge. Or purée and freeze for muffins, pancakes, bread.

6

★ Meat 'n' Potato Pie
Sliced Tomato/Bean Sprout Salad
Pound Cake

96¢

Bake, not buy, your own cakes, cookies, dinner rolls. Sometimes mixes are cheaper than scratch. Big money-saver: Next celebration, make-and-decorate a birthday cake with loving hands.

7

★ Gobbler Cabbage Rolls
Cooked Rice
Steamed Carrots
Fresh Pears

$1.01

No need to serve a rich, gooey dessert every night. Too costly *and* too fattening. Instead, offer fresh fruit in peak season.

12

Fish Chowder
Biscuits
Tomato/Onion Vinaigrette
Sherbet

$1.12

Stop being lazy. Mix equal parts of nonfat dry milk with whole; refrigerate. Tastes good, cuts milk bill. For cooking, use reconstituted nonfat dry milk–alone.

13

★ Huevos Rancheros
Soft Tortillas
Grapefruit Salad
Cookies

78¢

Think about eggs before buying. Jumbo size is too big for most baking recipes; Grade AA not always necessary. Eggs last several weeks when refrigerated in carton.

14

Roast Turkey/Gravy Stuffing
Cranberry Sauce
Mashed Rutabaga Green Beans
★ Brownie Pudding Cake

$1.23

One of the top food buys, pound for pound, is whole turkey. Stretches over several meals–golden roast; sandwiches (16); rich chowder (22) [make stock and freeze].

15

★ Pasta and Fagioli
Tossed Green Salad
Bread Sticks
Plums

96¢

Avoid anything handwrapped, especially packaged or in single servings. Ups the price of bread sticks, cereals, raisins, chips.



$1.24 Dinner party on Saturday night, the 27th –Greek Pastitsio, flavorful ground beef, macaroni, creamy topping. A lemon-y soup, salad, bread. End with poached pears.

Family favorite

94¢ (day 25). Apple-Frank Bake on a bed of egg noodles. Rounded out with beet-cucumber salad, scoop of sherbet.



62¢ Start week four with Turkey Chowder, made from leftover turkey, corn. More: stuffed celery, French bread, cookies.



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28	29	30				

All prices are menu cost per person. They include beverage of your choice, estimated at 6¢ per serving.

16

Open Faced Hot Turkey Sandwiches (leftover)
Peas
★ Ribbon Salad **Fruit**

$1.18

Be flexible about your budget. For instance, if your family is keen on cranberry-apple juice, carry home a minimum of 4-week supply when it goes on sale.

17

★ Chicken Liver Risotto
Tossed Green Salad
Toasted Garlic Bread
Cake

96¢

Real savings. There's little waste on chicken livers. One pound feeds four. Freeze one from each whole chicken–until you have a meal.

18

Tomato Soup
★ Sarah's Mexican Pizza
Carrot/Celery Sticks
Pineapple Chunks

86¢

A word to the wise about shopping. Consider: • Carrying a pocket calculator. • Eating beforehand. • Leaving the kids (grabby hands). • Going without hubby, unless he's an able budgeteer.

23

★ Macaroni with Two Cheeses
Radishes
Green Beans
Baked Custard

$1.01

Cheese-y tips. Don't toss a moldy cheese–cut off the bad part. Lightly butter edges of hard or semi-hard cheeses (Parmesan) to slow the drying. Hunks cost less than shredded.

24

★ Pork Enchiladas (leftover pork)
Shredded Lettuce Salad
Sliced Oranges

$1.18

Remember that clever supermarket managers put gourmet treats at eye level, necessities on bottom and top shelves.

25

★ Apple-Frank Bake
Sliced Beets/Cucumber Salad
Sherbet

94¢

Generic brands can be a good buy–but only if your family likes the quality and taste.

26

★ Carrot Soup
Grilled Cheese, Tomato, Sprouts on Whole Wheat
Celery Sticks
Chocolate Pudding

81¢

Serve meatless meals regularly–but boost your family's vitamin and mineral intake with whole grain breads, protein-high beans or cheese.



$1.16 Casual Saturday supper, the 20th...Spaghetti with Clam Sauce, tossed salad, bread sticks. For sweet tooths, ice cream, cookies.





96¢ Sept. 17th–plump Chicken Liver Risotto with peas, rice. Good with green salad, toasted garlic bread; then, cake.

Recipes for starred items begin on page 136.

19

ausage 'n' Cabbage Stir-Fry
autéed Zucchini
ye Bread
uit Gelatin
1¢

ind your pennies by saving bread heels, lls, biscuits (even stale). Blender- zz into crumbs; freeze for toppings, uffings, coatings.

20

★ **Spaghetti with Clam Sauce**
Tossed Salad
Bread Sticks
Ice Cream and Cookies
$1.16

Waste is a great money drain. Rotate food on pantry shelves; use in sequence of purchase. Date meat buys when freezing to track freshness.

21

Pork Roast (use leftovers for 24th)
★ **Maple-Glazed Acorn Squash**
Spinach Salad
Rice Pudding
$1.33

Braising, slow cooking and tenderizers turn tough cuts into tasty meals. Also, by lowering the oven temperature, meats shrink less, are more juicy.

22

★ **Turkey Chowder (leftover)**
Peanut Butter Stuffed Celery
French Bread
Cookies
62¢

Buy staples in bulk. Rice, flour, sugar in 5- to 10-lb. bags (store covered for peak quality). Buy frozen vegetables in plastic bags; peanut butter, jelly in giant-size jars.

27

inner Party for 6
vgolemono Soup
astitsio **Greek Salad**
rusty Bread **Poached Pears**
1.24

ntertaining? Go ethnic. Forego costly rime ribs, double lamb chops–try oreign intrigue instead. Interesting asseroles, tureens of thick soups are ne company fare.

28

★ **Chicken with Potatoes and Mushrooms**
Brussels Sprouts
Bread Pudding
$1.04

Cutting up a chicken takes only a minute. Boning, a few minutes more. Always buy whole bird–and learn to do it yourself. Secret: sharp knives.

29

★ **Eggplant Roll-Ups**
Lettuce Wedges
Bread Sticks
Cookies
$1.03

Make good use of open dating. Rummage around the dairy case for the latest, freshest milk, cream, yogurt, cottage cheese.

30

Frozen Fish Cakes
Tartar Sauce
French Fries
Carrots, Celery, Cucumber
★ **Apple Upside Down Cake**
$1.06

Do you know that frozen foods are often cheaper than fresh? Some vegetables, fish fillets, orange juice, French fries. Double check.

Relish! Easy to Put Up...Enjoy





Making your own relishes couldn't be simpler . . . or tastier . . . or more of a savings (have you looked at pickle/relish prices lately?). Plus these 8 unusual treats make great gifts. No special equipment's needed—just canning jars, any large pot. Try it . . . you'll relish the rewards all winter long. Left to right, back: ■ Sweet Tomato, snappy red, raisins. ■ Fruit, piquant pears, apples, plums. ■ Mint-Leek, refreshing twosome. Front: ■ India, cabbage-based. ■ Corn, country-style favorite. ■ Sweet-Hot Red Pepper, bright, crisp. Canning tips and recipes, page 118. By Elizabeth Schneider Colchie.

Photograph by Irwin Horowitz

Relish!

continued

Generally speaking, relishes contain fruits and vegetables that are chopped or ground but keep some distinct texture and crispness (unlike smoother preparations such as chutney and ketchup). They are among the easiest foods to preserve. Here's how:

Equipment:

The special equipment needed: heavy glass *canning jars* (we use self-sealing two piece lids) and a large *canning kettle* (or stockpot) deep enough to hold the jars on a *rack* (either a canning rack or a cake rack) with the lids covered by about two inches of fiercely boiling water. Also, a pair of long, hefty *tongs* for lifting the jars from the kettle, as well as a wide-mouth *funnel* for filling the jars, which will make the job easier.

Ordinary household *pots* can be used for cooking the fruit and vegetable mixtures—with stainless steel, enamelware and oven-glass the preferred materials (do *not* use unlined iron or copper). Relishes can be stirred more easily and will stick less readily if you use heavy gauge, straight-sided pots, tall enough to allow for a merry bubbling. A food processor makes the chopping task a breeze, but if you have the fortitude, you can do a beautiful job with a heavy, stainless steel knife. More traditionally, you can use the coarse disc on a food grinder.

PROCEDURES

Preparing the jars and lids:

Examine your canning jars to be sure there are no nicks or cracks in them. Wash jars, new lids (never use lids more than once) and screw bands in hot, soapy water. Rinse jars and place in a large pot with hot water to cover. Place lids and screw bands in a small pot.

Bring jars to a boil, covered, and remove from the heat while you finish cooking the relish. Pour boiling water over the lids and bands; cover the pot.

Filling the jars:

Keeping relish over lowest heat, use tongs to remove two jars from water. Set jars on clean towel; place wide-mouth funnel in one and ladle in hot relish, distributing liquids and solids so that the jar contains about the same amount of each. Fill to within ¼ inch of top.

Stir relish gently to remove air bubbles, using a narrow plastic device made for this purpose, or a sterilized table knife. Set the funnel into the next jar.

Capping the jars:

Clean rim of filled jar with paper towel or clean cloth dipped in hot water. Set lid on the jar, then slip on screw band and tighten (do not apply lids and bands in one step). Repeat with remaining jars.

Processing in boiling water bath:

Place filled jars on rack (or a folded towel), not touching, in a very deep pot containing enough hot water to come halfway up the jars. With jars upright, pour boiling water down the side of the pot until the water is at least 2 inches above the lids.

Cover pot and bring water to full boil over highest heat, then set timer for correct number of minutes required to process (boil) the relish. Keep a tight cover on the pot; the water should be kept at a rolling boil, not a timid simmer. (*Note:* Processing time must be increased above an elevation of 1,000 feet. Contact local extension agent or the home economist of your local utility company for the specific time required in your area.)

Removing jars; testing seals:

With tongs remove jars from kettle and set on a board or folded towels. Let cool away from any drafts.

When jars are completely cooled, press center of each lid to test seal. The lid center should be slightly concave before you press it, or snap down and stay put after you poke it. In either case, you should not be able to pop it in and out.

If you suspect that a jar has not sealed properly, refrigerate and use as promptly as you would if the relish were not "canned."

Do not tighten screw bands once the relish has been processed. Either remove the bands and use them the next time you can, or leave them on the jars without tightening for storage.

Storage:

If you have a dark cool place for storage, keep the relishes there to best maintain color and flavor. If you have only a warm kitchen cabinet, plan to use the relishes within about a year.

Once opened, relishes should be refrigerated.

SWEET TOMATO RELISH
pictured on page 116

Firmer and less sweet than chutney, this is a rather unorthodox relish that enhances the taste of chicken, batter-fried shrimp and pork chops.

4 large Greening apples (about 2 lbs.)
4 large ribs celery with leaves
4 medium onions, chopped
5 teaspoons kosher or pickling salt
About 3½ pounds (7-8 large) tomatoes
½ to ¾ cup finely minced candied ginger
2½ cups cider vinegar
1½ cups golden raisins
1 cup sugar
2 teaspoons ground coriander
1 teaspoon ground cinnamon

Peel, core and finely chop apples. Remove strings from celery and finely chop. Combine apples, celery and onions with 1 tablespoon salt in an enameled, stainless steel or plastic colander or strainer. Let stand at room temperature for 3 to 6 hours, tossing occasionally.

Drop tomatoes into a kettle of boiling water; heat for about 15 seconds. Drop tomatoes into a sink filled with cold water. Peel, core and halve tomatoes crosswise. Squeeze to press out most of the seeds. Coarsely dice; add to apple, celery and onions. Add candied ginger and toss.

In a large stainless steel, enameled or oven-glass pot bring to a boil the vinegar, raisins, sugar, coriander, cinnamon and remaining 2 teaspoons salt. Add vegetable-fruit mixture and bring to a simmer over moderate heat, covered. Uncover, bring to a boil over high heat and cook for about 10 minutes, stirring constantly, until the onion is just tender, the mixture thickened a bit and only a little juice remains visible. Be careful of spatters!

Fill, cap and process canning jars as directed, timing 5 minutes for ½ pints, 10 minutes for pints. Makes about 13 cups, about 14 calories per tablespoon.

FRUIT RELISH
pictured on page 116

Chunky and pleasantly tart fruit relish makes an interesting foil for roast goose, mild ham or smoked pork. Or use it as a base for homemade barbecue sauce.

6 ounces ginger root (about 1¼ cups)
1 cup water
7 large Bosc pears (3 to 3½ lbs), not quite ripe
3 large Greening apples (about 1½ lbs.)
1¾ pounds hard red or purple plums
2 cups red wine vinegar
1 cup light honey
½ cup packed light brown sugar
1 cinnamon stick, broken into small pieces
½ to 1 teaspoon ground allspice
2 teaspoons kosher or pickling salt

Wash and coarsely chop ginger. Combine with water in saucepan and simmer, covered, for 30 minutes. Pour into cheesecloth-lined strainer set over a bowl.

Peel and core pears and apples; chop coarsely. Pit plums; cut into thin slices. Combine fruits in non-metal bowl.

Combine vinegar, honey, sugar, cinnamon, allspice and salt in saucepan and bring to a boil. Pour over fruits. Squeeze ginger bits in the cheesecloth to extract all the liquid; discard solids and pour liquid into fruit mixture. Stir thoroughly and allow to stand for 3 to 6 hours.

Pour into an enameled, stainless steel or oven-glass pot and bring to a boil over high heat, stirring. Boil gently, stirring often, about 20 minutes, until fruit is tender but not mushy, and a little juicy.

Fill, cap and process canning jars as directed, processing 5 minutes for ½ pints or pints. Makes about 10 cups, about 18 calories per tablespoon.

MINT-LEEK RELISH
pictured on page 116

This is fresh, vivid, green-tasting and delightful. Use with lamb, pork or chicken, or as a base for a fruit salad dressing. Be sure to store it in a dark place or it will quickly fade.

3 cups finely chopped leeks (about 7 to 8 medium-small), green parts removed for another use

(continued)

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GENERAL FOODS

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Relish!

continued

4 cups packed mint leaves, stripped from their stems
3 large Greenings or Granny Smith apples, peeled, cored and chopped very fine (about 3 cups)
1 cup currants
1 teaspoon kosher or pickling salt
1½ cups sugar
2 cups cider vinegar

Combine leeks in pot with water to cover generously. Bring to a boil over high heat. Drain; rinse in cold water and drain again.

Wash and chop mint. Combine it in stainless steel, enameled or oven-glass pot with leeks, apples, currants, salt, sugar and vinegar and bring to a full boil over high heat, stirring.

Fill, cap and process ½ pint jars as directed, timing water bath for 5 minutes. Makes about 7 cups, about 18 calories per tablespoon.

INDIA RELISH
pictured on page 116

Not overly sweet, this is a good relish for hamburgers and coleslaw.

8 six-inch unwaxed, unpeeled cucumbers, (like a kirby) chopped medium coarse (to make 5½ cups)
1 pound sweet green peppers, cored, seeded and chopped medium-coarse (to make 1⅔ cups)
3 medium onions, chopped medium-fine (to make 1⅔ cups)
6 tablespoons kosher or pickling salt
¾ pound cabbage, finely chopped (3 cups)
1 cup packed light brown sugar
3 cups cider vinegar
½ cup light corn syrup
2 tablespoons mustard seed
1 teaspoon celery seed
½ teaspoon turmeric
½ teaspoon ground black pepper
¼ teaspoon ground ginger
¼ teaspoon ground mace
1 tablespoon dry mustard
½ teaspoon curry powder
1 small garlic clove, finely minced
2 tablespoons salad oil

Combine chopped cucumber, green pepper and onion with salt in ceramic, glass or stainless steel bowl and let stand for 6 to 12 hours.

Drain vegetables well and return them to bowl. Mix in chopped cabbage.

In stainless steel, enameled or oven-glass saucepot, combine brown sugar, vinegar, corn syrup, mustard and celery seed, turmeric, pepper, ginger and mace. Boil for a minute or two, then pour over vegetables. Stir and let stand about 3 hours.

Strain pickling liquid back into kettle, reserving ½ cup. Combine reserved liquid in small bowl with dry mustard, curry powder, garlic and oil, stirring until smooth. Add to liquid in preserving pot and bring to a boil.

Return vegetables to pot; bring just to a full boil, stirring vegetables from sides toward center so they heat uniformly.

Fill, cap and process canning jars as directed, timing 5 minutes for ½ pints or pints. Makes about 10 cups, about 12 calories per tablespoon.

CORN RELISH
pictured on page 116

This bright, old-fashioned relish features sweet country corn, as fresh as you can get it. Serve alongside ham, fried chicken or turkey.

12 medium-small ears of corn, husked (6 cups)
3 medium red peppers, diced (2 cups)
2 medium green peppers, diced (1¼ cups)
2 medium onions, diced (about 1 cup)
2½ cups cider vinegar
1 cup white vinegar
¼ cup honey
½ cup sugar
2 tablespoons kosher or pickling salt
1 tablespoon mustard seed
½ teaspoon ground cumin
½ teaspoon ground cloves
¼ teaspoon crushed red pepper (flakes)
1 teaspoon celery seed
½ teaspoon turmeric
½ very small cabbage, cored and coarsely chopped (3 cups)

Bring several inches of water to boil in large pot with rack set into it. Steam corn, covered, for 3 minutes. Drop ears

to sink filled with cold water. Slice (do not scrape) the kernels to bowl. There should be about 6 cups; set aside.

Combine all remaining ingredients except cabbage in large nameled, stainless steel or oven-glass kettle. Boil for 5 minutes. Add corn kernels and cabbage and bring mixture to a boil er high heat, stirring. Boil for 1 minute.

Fill, cap and process canning jars as directed, using 10 minutes for ½ pints, 15 minutes for pints. Makes about 10 cups, bout 10 calories per tablespoon.

SWEET-HOT RED PEPPER RELISH
pictured on page 117

brilliant orange relish with a flavor that is subtly herbal as ell as sweet-hot. Serve with cream cheese or cottage cheese on ast or rusks, or spoon a bit on your plate to accompany cold icken, turkey or pork. For a different flavor, stir a small nount of this relish into mayonnaise for an unusual binder to meat or seafood salad.

large red bell peppers, seeded and chopped (about 8 cups)
cup finely minced, seeded fresh hot peppers
large Greening apples, peeled and chopped (about 4 cups)
tablespoons kosher or pickling salt
½ cups cider vinegar
cups sugar
teaspoon thyme
teaspoon fennel seed

ombine red peppers, hot peppers, apples and salt in non-etal bowl and let stand at room temperature, loosely covered ith a towel, for 3 to 6 hours, as convenient. Drain well and iscard juice.

Combine vinegar, sugar, thyme and fennel seeds in large ainless steel, enameled or oven-glass pot and bring to a boil. dd vegetable-fruit mixture and boil gently, stirring often, over oderate heat until most of the liquid has evaporated and the maining mixture is syrupy and rather thickish. Should take bout 20 minutes.

Fill, cap and process canning jars as directed, timing 10 inutes for ½ pint jars. Makes 7 to 8 cups, about 24 calories er tablespoon.

PICCALILLI

his mixture is sweet and more sauce-like than pickle-like.

½ pounds small, all-green tomatoes, cored, halved, then sliced (to make about 10 cups)
large green peppers, halved, seeded and thinly sliced
tablespoons chopped fresh hot pepper, seeded and finely chopped
small onions, halved and thinly sliced (about 3 cups)
cup kosher or pickling salt
pound cabbage, cored and very finely chopped (about 4 cups)
½ cups cider vinegar
½ cups packed brown sugar
cup light corn syrup
tablespoons mustard seed
teaspoons celery seed
teaspoon ground allspice

ombine tomatoes, green and hot peppers, onions and salt in on-metal bowl and let stand 3 to 6 hours. Drain well; stir in abbage.

Combine vinegar, sugar, corn syrup, mustard seed, celery eed and allspice in large enameled, stainless steel or oven-lass pot and bring to a boil. Add drained vegetable mixture nd boil gently until mixture is somewhat thickened, about 30 inutes.

Fill, cap and process canning jars as directed, timing 5 inutes for pint jars. Makes about 10 cups, about 15 calories er tablespoon.

SPICED BEET-CABBAGE RELISH

A crisp, sweet condiment with Eastern European overtones. The distinctive caraway flavoring provides a savory complement to roast duck, pork and smoked fish.

(continued)



Relish!

continued

2 bunches (8 to 9) medium-sized beets
2½ cups red wine vinegar
1½ cups packed dark brown sugar
1 medium onion, chopped (½–¾ cup)
1 large garlic clove, finely minced
1 tablespoon kosher or pickling salt
1 tablespoon peppercorns, tied loosely in cheesecloth and bruised
1½ teaspoons caraway seeds
1 teaspoon ground cloves
1 small red cabbage (1½ pounds), very finely chopped (4 cups)

Trim off beet tops, leaving at least 2 inches of stem. Scrub but do not peel beets. Drop into kettle of boiling water and cook until *not* quite tender. Timing varies considerably, so test after 15 minutes. Drop into cold running water. Remove stems, then slip off skins. Shred and reserve beets.

Combine remaining ingredients except cabbage in enameled, stainless steel or oven-glass pot and bring to a boil. Boil 5 minutes, then remove peppercorns. Add reserved beets and cabbage and bring to a boil over high heat, stirring vigorously. Boil for 2 minutes.

Fill, cap and process canning jars as directed, timing 15 minutes for ½ pints and 20 minutes for pints. Makes about 8 cups, about 11 calories per tablespoon.

JERUSALEM ARTICHOKE-CARROT RELISH

A nicely sharp complement to fried foods and rich meats. Jerusalem artichokes or "sunchokes" are too often neglected.

2 pounds Jerusalem artichokes, trimmed but not peeled
2 quarts water
½ cup plus 2 teaspoons kosher or pickling salt
3¼ cups cider vinegar
5 to 6 medium carrots (about ¾ lbs.)
⅓ cup light corn syrup
¼ teaspoon crushed red pepper flakes
1 tablespoon pickling spice
¾ cup packed light brown sugar
2 tablespoons salad oil
1 large onion, chopped (1 cup)

Scrub artichokes well with brush. Combine water, ½ cup salt and ¼ cup vinegar in large bowl and add artichokes. Let stand overnight.

Drop carrots into pot of boiling water and boil about 2 minutes, or just until they begin to lose raw texture. Chill in cold running water. Chop coarsely or grind. Drain artichokes, chop medium-fine.

In stainless steel, enameled or oven-glass saucepot bring to a boil the remaining vinegar, corn syrup, red pepper, pickling spice, brown sugar, remaining salt and oil. Add onions, artichokes and carrots, bring to a boil, stirring.

Fill, cap and process ½ pint canning jars as directed, timing water bath for 10 minutes. Makes about 8 cups, about 15 calories per tablespoon. **End**

ADD SPACE

continued from page 105

Want to Add a Room?

Are you thinking about adding a room or two onto your home? If so, you may be about to join the ranks of the more than 1.1 million Americans who built additions to their homes in 1979. "Don't move, improve" became the national slogan this spring as interest rates on home mortgages climbed into the high teens. Even though the rate has since dropped, people with eight percent mortgages are thinking long and hard about buying a new house.

There are also many things to consider in deciding whether to add onto your home. Here are some questions to ask yourself before opting to improve rather than move.

1. *Will an addition add to the value of your house?* Realtors caution that you shouldn't put so much money into improving your house that its value exceeds the value of the other houses in the neighborhood. Also, some additions, such as kitchens and bathrooms, may improve the resale value of your home while other additions, such as a swimming pool, may detract from it. Any addition also should add to the aesthetic quality of your house.

2. *Do you have the temperament to add on?* Some people enjoy watching the changes around them; others can't live with the inevitable dust, noise or inconveniences of expansion.

3. *Does an addition make economic sense?* First consider the cost of buying a new home that offers the space you want; not just the down payment and mortgage payments, but also the hidden costs of moving. Closing costs range from two to four percent of the price of a new home. Then there's the cost of moving, new fixtures, new draperies, etc. It adds up.

To get an accurate estimate of the cost of an addition, you should have a clear idea of what you want: number of rooms, windows, doors; type and quality of lighting, fixtures, flooring. Be honest with yourself and don't start off by cutting corners. You'll either be unhappy with the result or end up spending more money than you anticipated as work progresses.

4. *Will you need an architect or contractor?* When you have a clear idea of what you want, contact an architect or contractor. Says one architect honestly, "A contractor can give you a good job at a good price when you want a traditional solution. When your problem is sophisticated or when the solution is not obvious, that's when an architect is helpful." An architect charges between ten and 15 percent of the cost of the job, which scares a lot of people. But sometimes an architectural solution pays off in the aesthetic value it adds to a house.

If you decide to hire a contractor alone, check his references with your local building officials—or ask them for a recommendation. A contractor usually factors his services into the estimate he gives you for the job. Get at least three estimates for your addition.

If you know what your budget is, a Massachusetts architect/contractor suggests you reduce it by ten percent before talking to a contractor. Many people, he says, cannot envision finished rooms from blueprints and decide to change things as they see the project going up. That's when the extra comes in handy.

Always have a clear-cut agreement—in writing—with a contractor, spelling out exactly what he will and won't do. "It's astonishing," says the architect/contractor, "that people will buy a $20,000 addition based on some figures written on the back of an envelope and a handshake. They just want to believe it will work out okay."

5. *What will your hidden costs be?* Once you have a price from an architect or contractor, remember that improving also has hidden costs. Your assessed valuation for taxes will probably increase, you will want to increase your insurance and your utility bills may go up.

6. *How will you finance the addition?* Unless you are exceptionally handy, additions are usually high-ticket items. A *Building Supply News* study found that the average cost of a professionally done room addition was $10,131 in 1979.

Many people finance home improvements through saving, others tap the cash surrender value of their life insurance policy or borrow from a credit union. Sometimes a contractor will provide financing for your job, often at rates lower than those quoted by banks.

Banks generally offer three major loan options. For the first, an unsecured loan, the maximum amount offered tends to be low—maybe $5,000. And the interest rate tends to be high.

The second form of loan is called an FHA Title 1 loan, which means that the Federal Housing Authority insures the bank against loss on these loans. Rates are lower than on unsecured loans. To qualify, you must be a homeowner or have a long-term lease and have a satisfactory credit rating. Banks make Title 1 loans for amounts ranging from $500 to $15,000 and seldom require security for loans under $7,400.

The third type, an equity loan, is really a second mortgage on your house. Some banks set no limit on the amount of money they will lend but usually tie it to the amount of equity you have built up in your house. Rates vary greatly so it will pay to do some research.

The same credit crunch that makes moving look too expensive makes it imperative that you shop carefully for the loan package that will make adding on the best choice for you. **End**

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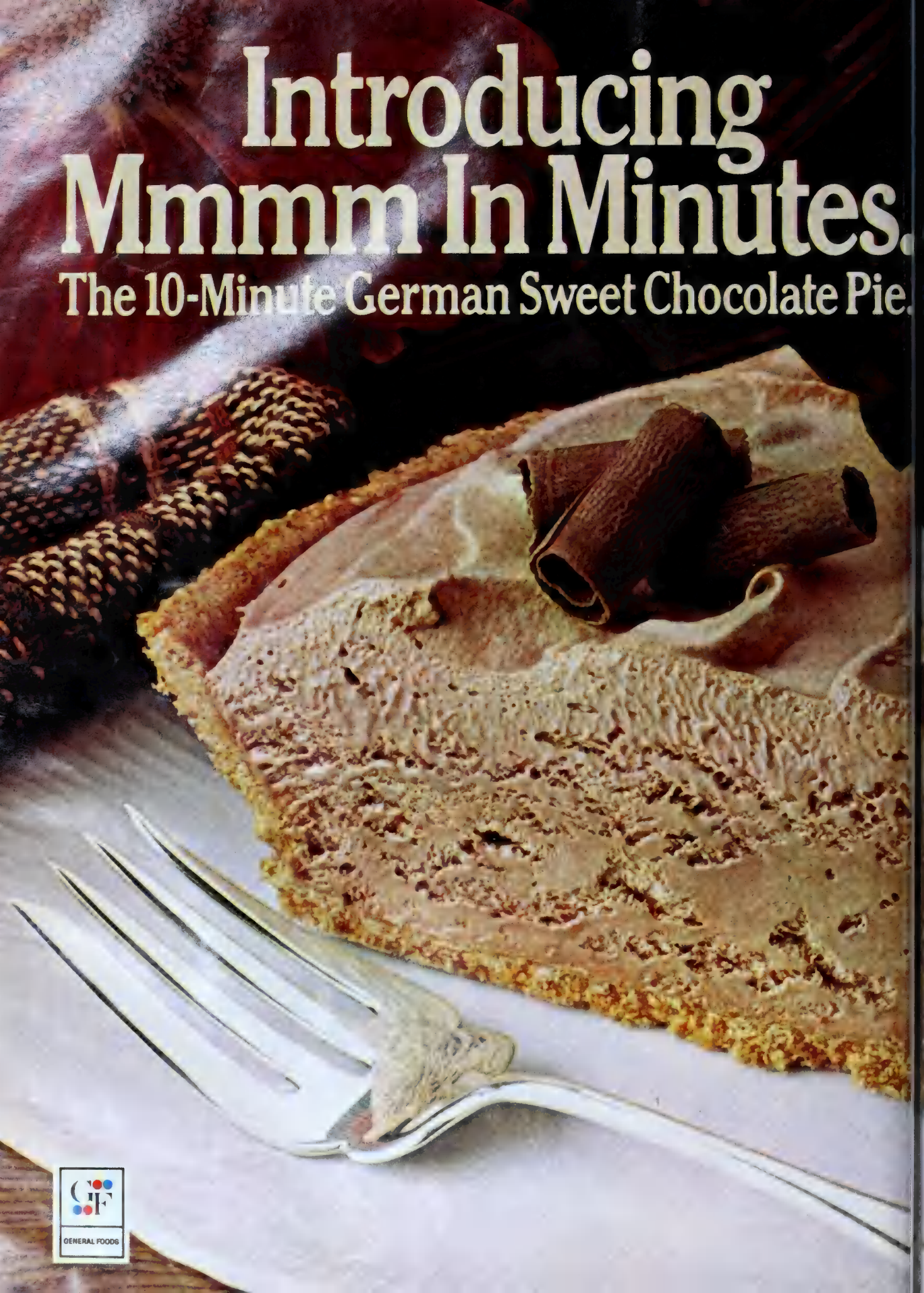
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- 1 package (3 oz.) cream cheese, softened
- 1 container (8 oz.) BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping, thawed
- 1 packaged graham cracker crust

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Psychiatrist's Notebook

What's behind your daughter's drastic diet? If a boy prefers books to ball games, is he a "sissy"? Can a baby bring a battling couple back together?

By Theodore Isaac Rubin, M.D.

My 17-year-old daughter is painfully thin—she seems to have no appetite at all. I know that people often go on eating binges when they're angry or unhappy, but what does it mean when they starve themselves?
You're right to suspect that there's more going on here than simple "lack of appetite"—repressed anger, perhaps, or emotional depression. The first step, however, is to have an M.D. give your daughter a thorough checkup to find out if she has any physical ailments. Then, if there seems to be no organic problem, I'd advise a psychiatric consultation. Many young women go to extremes in an attempt to become stylishly (and dangerously) thin. Some are suffering from anorexia nervosa, a potentially fatal condition that can often be traced back to early childhood traumas. If your teen-ager does have this illness—not every underweight girl is anorexic, of course—prompt professional help could save her life.

I know a man who's a terrible bigot. Compared to him, Archie Bunker is a model of tolerance. I've tried being nice to this guy, but his constant put-downs make me (and many others) just want to stay away. The only person he *doesn't* hate seems to be himself.
Are you sure about that? It sounds to me as if he hates himself most of all. So low is his self-esteem that the only way he can buoy himself up is to drag other people down. Although it may seem as if he thinks he's "too good" for you, actually he has a desperate need for approval—he just doesn't know how to go about getting it. Then, when his behavior turns you off, he feels rejected, and the whole cycle begins again. There is no quick cure for bigotry, but you *can* try to keep it in perspective: No matter how hard this man comes down on you, you can be sure he's twice as hard on himself.

During our four years of marriage, my husband and I have been on the verge of divorce at least a dozen times. We simply can't seem to get along. Would it help to have a baby?
I doubt it. In fact, it could make matters worse. Besides, I truly believe it's wrong to try and use a baby to shore up a shaky marriage. Unless a child feels loved and wanted for his own sake, he is bound to suffer. My advice: Don't make any drastic decisions yet. Perhaps, with the help of a good psychotherapist, you can root out and resolve the tensions in your relationship.

My husband worries that our eight-year-old son isn't masculine enough. Although the child gets along fine with other kids, he is not at all interested in sports—he'd rather read or work on his stamp collection. He likes to draw, too, but my husband says artists are "sissies" and keeps pushing him to get out there and play ball. What do you think?
A passion for athletics is no guarantee of masculinity, nor should artistic tendencies be viewed as "warnings" of confused gender identity. Yet many men have an overly rigid notion of what it takes to be a "real man." They may have doubts about their own masculinity and they act out that anxiety through their sons.

If your husband continues to put pressure on your son to be more "physical," the boy will undoubtedly find some way to resist. He could, for example, become accident-prone, and one day you could find yourself with a seriously injured child on your hands. Discuss the matter with your husband. Remind him that an enthusiastic reader or a talented artist can often go far in the world. If your son is to grow up into a mature, self-confident adult, he must feel appreciated by *both* parents, whether he's a ballplayer or a bookworm.

One day, three years ago, another motorist went through a stop sign and collided with my car. My physical injuries weren't too serious, but in my mind I'm still suffering from shock. I haven't been able to drive at all. In fact, I'm so scared of being involved in another accident, I can hardly get into a car, even as a passenger. Night after night, I relive the whole thing in my dreams. Am I going crazy?
Certainly not! After a severe shock, it's not uncommon for people to display what we call a "traumatic neurosis." What seems on the surface to be a "crazy" overreaction may make perfect sense on the unconscious level. It could be, for example, that the automobile accident you suffered as an adult brings back memories of another upsetting experience you had as a child.

Dreams or fantasies are simply a way of working those fears out of your system. Psychotherapy can help hasten the process. You might even consider hypnosis, which is not a technique I usually recommend but one that's often useful in cases like yours. But I must emphasize that hypnosis is *not* a game for amateurs. Make certain you are in the hands of a qualified practitioner.

My eight-year-old daughter seems intelligent and does very well in school. But when her teacher gave the class an IQ test, my child's score was only 102. Does that mean she's not so bright after all?
It sounds to me as if your little girl is just fine—perhaps she just wasn't in the mood to take a test that day. Unless an IQ exam is administered on an individual basis, under expert supervision, the scores have little or no meaning, in my opinion. Even under ideal circumstances, the results are rarely conclusive: Many highly intelligent children (and adults) become emotionally blocked during IQ exams and are unable to perform well. Only a complete battery of tests, plus a consultation with a child psychiatrist, can determine whether a youngster actually does have lower-than-average intelligence. But in most cases, I believe, it's better *not* to give so many tests. They're usually unnecessary, and they can label a child for life. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. His most recent book is "Reconciliations: Inner Peace in an Age of Anxiety" (The Viking Press). If you have questions you would like Dr. Rubin to answer in this column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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Some people prefer to have just one dog or cat. Here, our animal expert helps you explore the possibility of giving your "only pet" (and yourself) extra company.
By Roger Caras

Does Your Pet Need a Playmate?



You lavish your love on a single dog or cat, and maybe that's all the animal companionship you need. But sometimes you wonder: Are you being selfish? Does your pet ever get lonely when you're not around?

Do pets need companionship? They certainly do. Dogs, of course, are pack animals by nature. If left by themselves too much, they do not flourish; they may even develop personality problems. And if you've always thought cats were strictly solitary, independent souls, think again. Centuries of domestication have made them crave company, too. Watch how your feline friend greets you after being alone all day: If you try to ignore him, he'll wind his body around your ankles; if you sit down, he'll find a berth on your lap.

Can cats and dogs ever get along, or do animals of the same species make a better mix? Believe it or not, a dog and a cat are often closer companions than two dogs or a pair of cats. Some pets, to be sure, simply will not tolerate an "alien" housemate, but most dogs and cats should be able to make the necessary adaptation. They may be a bit suspicious at first—after all, it's quite a shock to see a newcomer invading "their" territory—but in time they will welcome the companionship. Don't be surprised to see your cat and dog curled up together on a crisp autumn day!

Are there any animals that *shouldn't* share quarters? Actually, most combinations are fine, if your first pet can be persuaded that the second is a member of the family, not a threat. One caution, however: Cats find it difficult to make friends with a bird—their instincts will tell them to attack. So if you want to keep a canary and a Siamese in the same household, at least put some distance between them. It's not fair to subject your caged bird to the menacing sight of a stalking cat.

How old should the animals be? Do their breeds make a difference? It's easier to lay the ground work for your peaceable kingdom with a pair of young animals. If a puppy and kitten arrive on the same turf at the same time, they'll be pals from the beginning—and, most likely, they'll remain friends for life. An adult dog is usually receptive to a kitten, although some breeds are more welcoming than others (terriers, for example, may be a bit slow to accept the little newcomer, while golden retrievers and Irish setters generally do very well with smaller animals). An adult cat probably won't give an incoming puppy too much trouble—in fact, the cat may be much harder on a new kitten. The most difficult mix of all is one involving two mature cats, but even that is by no means impossible.

What's the best way to introduce the new pet to the old? Without fanfare, and with great respect for the old-timer's territorial instincts and prior claim on your affections. This is particularly important at mealtime, for competition over food can be the undoing of an otherwise beautiful friendship. Until you know how they're going to react, feed your animals apart, and always give the older one its meal first. In general, don't make such a big fuss over the newcomer that the original resident feels excluded. Whether you're giving out treats, toys or pats on the head, the old-timer should get priority. Unless you keep reassuring your older animal that it's still special, its nose will get out of joint—and it will wreak resentment on the newcomer when you are not around.

It's no great trick to make both pets feel at home; all it takes is a little common sense and attention to detail. It is not pleasant for any animal to fear being brushed aside in favor of an intruder. Your cat or dog has developed a strong attachment to you, and it may not want to lose its status as the only animal in your life. So handle your old-timer with care—the whole family will make a smoother transition.

Will two pets take twice as much time and effort as one? Not necessarily, especially once the early stages of adjustment are over. In fact, you'll probably discover advantages to owning more than one pet. When you must be away from home—and if you work, that means often—you'll feel less pressured to rush back to a lonely dog or cat. Although your animals crave your attention more than anything else in the world, the companionship they get from each other will serve as a fair substitute. Another, less practical consideration is the emotional return you get on your double "investment." If you already love one pet, you may get twice as much pleasure out of two! **End**

Illustration by Bob Jones

You and Your Money

Ways to recognize and use a reliable travel agent; beware changing life insurance policies; and yes, women (sadly) are still earning less than men.

By Sylvia Porter

We had a miserable vacation this summer, and one reason was that the so-called "good" travel agent who was supposed to put together our requested package deal misled us. Everything went wrong, from accommodations to plane reservations. Are travel agent fees honestly "free" to us? How do we find a good travel agent so this won't happen again during our mid-winter vacation?

Travel agents receive their pay as commissions from suppliers (airlines, hotels, resorts, cruise ships, car rental agencies, etc.). With the exception of such extraordinary services as long distance calls, wires and cables, travel agents perform their services for you free—because they are reimbursed by those with whom they book your reservations. And most are reliable.

For one excellent clue to an agent's success, find out how long the agent has been in business. This is a superb guide because it means the agent has been prospering from repeat business, which only could come from satisfied clients and represents an estimated two-thirds to three-quarters of a travel agent's business.

Look for professional accreditation. A travel agent has an official appointment from at least one transportation conference. These include such groups as the Air Traffic Conference (ATC), the International Air Transport Association (IATA) and the IPSA, the organization representing cruise ships. Agencies which meet the financial and business requirements of these powerful organizations receive door stickers attesting to their approval. The largest travel trade association in the nation is the American Society of Travel Agents, Inc. (ASTA), which requires members to have at least three years' experience plus appointment by a minimum of two major transportation conferences. You can identify the ASTA insignia of members in the Yellow Pages.

The questions you ask a travel agent before you make your final arrangements are vital. Among ASTA's suggestions: What types of accommodations are available? Do accommodations include meals? Is there a service charge? What do sight-seeing tours include: full-day trip, part day? Are admission charges included? What are the cancellation privileges? How far in advance must one make reservations for a charter flight? What happens if a flight is canceled? What is needed in the way of a passport, visa, vaccinations, innoculations? What type of clothing is needed? What are the average temperatures in the area? Highs? Lows? How close is the beach? Golf course? And what does "free" beach privileges mean? Or "free" green fees? What is the name of the tour operator? The itinerary and the number of people in the group?



With these questions to start you off, you can carry on and ask other questions of basic concern to you.

A life insurance agent who has been highly recommended by a close friend has thoroughly reviewed my life insurance and suggests I replace an old policy bought from an old company with one that seems much more suited to my needs as a young father of three boys. Is this wise?

Don't do it without much more investigation of the proposed change and without checking with your current company and old agent about it. Canceling a life insurance policy to buy a new one is usually *not* sound! The new policy is likely to cost you more in premiums just because you are older; the two-year period of "contestibility" begins again; your existing policy may have more favorable settlement options and disability benefits; your own life insurance company may be able to make the change you want at low cost to you; your borrowing rates against the new cash values you slowly build up may be much higher. There are many more "don'ts," all adding up to "beware!"

I'm 36 years old, my two children are in high school and starting to talk of subjects of which, I must admit, I have never even heard. My husband also seems to be leaving me behind when we have dinner conversations. I am determined to go back to college (I left in my freshman year) and get a degree majoring in accounting. But I can't face wasting time and money in classrooms studying what I already know. What can I do?

You are like many adults who already know a lot about one or more college subjects, and do not want to pay for and sit through these classes. Today the vast majority of colleges will let you prove the extent of your knowledge through exams or other means, which enable you to skip classes in subjects you know, earn college credit and proceed to learning new material.

Among the most popular programs is the College-Level Examination Program, the CLEP Program of the College Board of New York. Roughly 1,800 colleges and universities will give you college credit for scores on these exams. In 1979, about 93,000 individuals took the CLEP tests.

Ask the college you want to attend about CLEP, whether it recognizes the program, what it considers a passing score, how much CLEP credit it will grant. The college, not CLEP, grants credit, so be absolutely sure of the college's requirements before you take the exam.

For general information about CLEP, write to Box 1902, Radio City Station, New York, N.Y. 10019. CLEP offers five General Exams and 47 Subject Exams, *(continued)*

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Sylvia Porter

continued

uch as computer and data processing, ollege composition, clinical chemistry, ursing, American government, introduc- ory accounting, etc. It takes four to six eeks to get results, which will be sent to ou and, if you wish, to the college of our choice. The fee for each General or ubject Exam is $20.

Ve've just had a baby, we need more pace and we're buying our first impor- ant supply of new furniture this autumn. Vhat's the price outlook?

f there are any increases in prices of rniture this fall, they will be modest— eflecting the stiff competition in this in- ustry, its deliberate limitations on new roducts to achieve greater efficiency in perations and its efforts to find better- erforming substitute materials (plywood nd plastics) to reduce costs.

can't believe this is true, after so many ears that we, as women, have been ghting for equality in the job market- lace. But a friend of mine insists that omen are LESS equal to men today in ay than they were 25 years ago! Is it eally true?

Vith profound disappointment, yes. Your iend is right, it's true. Latest reports om the Labor Department show that ull-time women workers employed hroughout the year today, earn a gross of nly 59¢ for every $1 men earn. A full uarter-century ago, in 1955, the earnings ap was much narrower—64¢ for women ompared to $1 by men. To give you nother stab: Women must work nearly ine days to gross the same amount of rnings men gross in five days.

Among the explanations: continued oncentration of women in traditionally w-paying jobs; differences in occupa- ons and industries in which women are oncentrated as against men; inferior ed- cation and work experience of most omen as compared with men.

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OR 3 SMALL EGGS	OR 1.3 OZ. T-BONE STEAK	OR 5.5 FLUID OZ. MILK
OR 16 FLUID OZ. MILK	OR 8.3 OZ. FRESH SPINACH	OR 5.4 FLUID OZ. YOGURT

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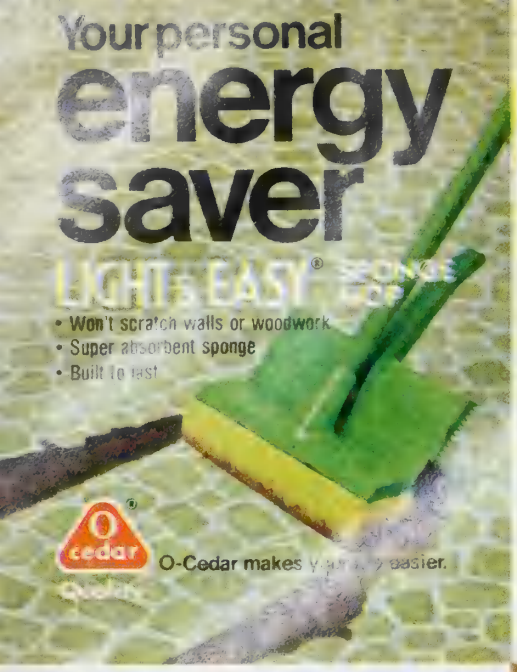
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continued from page 115

1. BANANA RUM PUFF

1⅓ cups milk
2 tablespoons light rum
¾ cup all-purpose flour
2 tablespoons sugar
⅛ teaspoon salt
1 egg, slightly beaten
1 tablespoon margarine
2 tablespoons confectioners' sugar
½ teaspoon lemon juice
Few drops water
2 large bananas, cut crosswise into quarters
⅛ teaspoon cinnamon

Preheat oven to 425°F. Pour milk into 2-cup measure; add rum and set aside. In small mixer bowl combine flour, 1 tablespoon sugar and salt. Make well in center of dry ingredients and add egg and half the milk mixture. Beat 5 minutes on medium speed of electric mixer. Blend in remaining milk mixture; set aside.

Place margarine in an 8¼x1½-inch round baking dish and set in oven just long enough to melt margarine. Tilt dish to coat bottom.

In small shallow bowl combine confectioners' sugar, lemon juice and just enough water to make a thin paste. Roll bananas in mixture and arrange in prepared baking dish. Pour batter over bananas. Bake 15 minutes. Combine cinnamon and remaining sugar; sprinkle over batter. Bake 30 to 35 minutes longer. Serve hot in wedges. (Puff will settle as it cools.) Makes 6 servings, about 200 calories each.

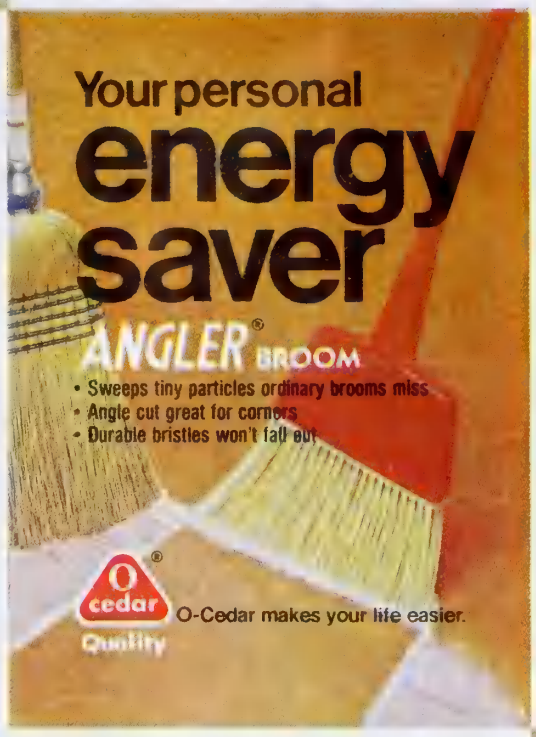
2. CORNCAKES AND BACON
pictured on page 112

6 tablespoons all-purpose flour
1½ teaspoons sugar
½ teaspoon double-acting baking powder
¼ teaspoon salt
⅛ teaspoon nutmeg
2 eggs
¼ cup milk
1 cup whole kernel corn, cooked
Salad oil or bacon fat for frying
½ cup maple-flavored syrup
12 slices bacon, cooked
Parsley for garnish (optional)

In medium bowl combine flour, sugar, baking powder, salt and nutmeg; set aside.

In small bowl beat eggs until very light. Blend in milk, add dry ingredients. Mix in corn.

Pour about 2 tablespoons batter per pancake onto hot, well-greased griddle or electric skillet. When undersides are evenly browned, turn and brown other side. Serve hot with syrup and crisply cooked bacon, garnished with parsley, if desired. Makes 4 servings, about 455 calories each.



3. MOROCCAN-STYLE LIVER

2 tablespoons paprika
1 tablespoon ground cumin
½ teaspoon salt
Generous dash pepper
Dash sugar
½ cup water
3 garlic cloves, crushed
2 tablespoons salad oil
1 pound beef liver, sliced
Chopped parsley (optional)

Preheat broiler. In small saucepan combine paprika, cumin, salt, pepper, sugar and water. Cook and stir over medium heat until mixture comes to a boil. Remove from heat; blend in garlic and oil. Keep sauce warm while preparing liver.

Place liver on rack of broiler pan. Broil about 3 inches from source of heat to desired degree of doneness, about 3 to 5 minutes on each side. Cut into 1-inch strips. Toss strips in sauce until coated. Sprinkle with parsley, if desired. Makes 4 servings, about 240 calories each.

Editor's Note: This dish is *very* spicy. We don't suggest it for bland diets.

4. CHEESE SOUFFLÉ CREPES
pictured on page 113

Crepes
⅔ cup all-purpose flour
2 eggs, slightly beaten
¾ cup milk
3 tablespoons margarine, melted
¼ teaspoon salt

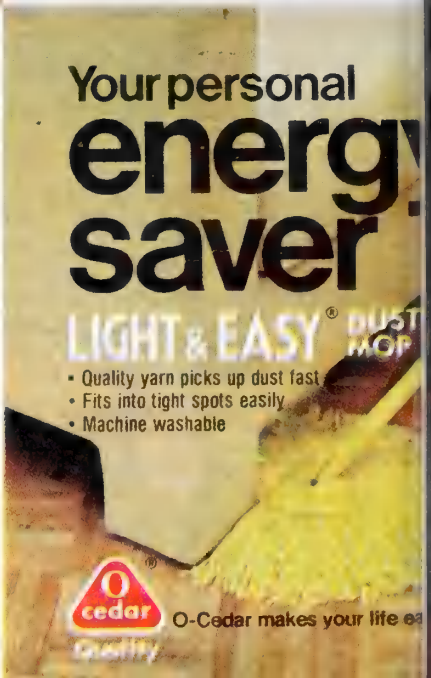
Filling
2 tablespoons margarine
2 tablespoons flour
⅔ cup milk
2 eggs, separated
⅔ cup shredded Cheddar cheese
¼ teaspoon salt
⅛ teaspoon nutmeg

Sauce
2 tablespoons margarine
2 tablespoons flour
¼ teaspoon paprika
1 cup milk
½ cup shredded Cheddar cheese
¼ teaspoon salt

Crepes: Measure flour into medium bowl. With wire whisk beat in eggs, one at a time. Gradually beat milk in. Add margarine and salt. Let batter rest at least 15 minutes.

Grease a 7- to 9-inch crepe or omelet pan and heat over medium-high heat. For each crepe pour about 3 to 4 tablespoons batter into pan and tilt quickly to spread evenly. Cook 1 to 2 minutes; turn and cook an additional 30 seconds. Remove from pan. Cool on wire rack. (If storing, stack crepes alternately with waxed paper. Refrigerate up to 3 days.) Makes 8 crepes.

Filling: In saucepan over medium heat, melt margarine. Stir in flour; cook 1 minute. Pour in milk. Cook, stirring constantly, until it begins to boil. Remove from heat. Stir a small amount of hot sauce into beaten egg yolks. Add yolks all at once to sauce, stirring *(continued)*



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constantly to prevent lumping. Add cheese and seasonings; set aside.

In small bowl beat egg whites with electric mixer until stiff but not dry. Stir ¼ cup beaten egg whites into cheese mixture; gently fold in remaining egg whites.

To assemble: Preheat oven to 325°F. Grease a 13x9-inch baking dish. Spoon filling down the center of each crepe; overlap sides of crepe over filling. Place in baking dish in single layer. Cover with greased sheet of waxed paper. Bake 20 minutes. Increase oven temperature to 400°F., remove waxed paper and bake an additional 5 minutes. Remove from oven and serve immediately with cheese sauce. Makes 4 servings, about 585 calories each.

Sauce: In small saucepan melt margarine. Add flour and paprika and cook 1 minute. Stir in milk, heat to boil. Remove from heat and stir in cheese and salt.

5. DILLED ZUCCHINI AND CARROTS

1 tablespoon margarine
1 medium onion, chopped
1 lb. zucchini (about 3 medium), scrubbed and cut into ¼-inch slices
1 carrot, thinly sliced
1 tablespoon water
½ teaspoon dill weed
¼ teaspoon salt

In large skillet melt margarine over medium heat. Add onion and sauté about 2 minutes. Add remaining ingredients; cook 5 minutes, stirring occasionally. Reduce heat to low, cover and cook 10 minutes or until vegetables are tender. Makes 4 servings, about 55 calories each.

6. MEAT 'N' POTATO PIE
pictured on page 112

¾ pound ground beef
2 carrots, grated
1 onion, chopped
1 rib celery, chopped
2 tablespoons chopped parsley
1 egg, slightly beaten
1 tablespoon Worcestershire sauce
¾ teaspoon salt
2 cups hot, mashed potatoes
4 tablespoons grated Parmesan cheese

Preheat oven to 350°F. In 7- or 8-inch pie plate combine all ingredients except potatoes and cheese. Pat mixture along bottom and sides. Bake 20 minutes.

Meanwhile mix potatoes with 2 tablespoons cheese. Remove pie plate from oven and drain any excess liquid. Increase oven temperature to 450°F. Spoon potatoes into center of pie. (Or if desired, pipe potatoes in, using a pastry bag fitted with a ½-inch star tip.) Sprinkle potatoes with remaining cheese. Bake about 15 minutes or until heated through and potatoes are golden. Makes 4 servings, about 330 calories each.

7. GOBBLER CABBAGE ROLLS

1 head cabbage, cored (about 1¾ lb.)
2 slices white bread
½ cup apple juice
2 tablespoons margarine
1 onion, chopped
¾ pound ground raw turkey
1 small apple, chopped
1 egg, slightly beaten
1 tablespoon brown sugar
1 tablespoon cider vinegar
½ teaspoon salt
Sauce
1 can (8 oz.) tomato sauce
½ cup apple juice
1 tablespoon brown sugar

Heat large saucepot of water to boiling. Add cabbage and simmer 8 minutes or until leaves are pliable. Remove 8 large outer leaves; set aside. (Save remaining cabbage for coleslaw or vegetable.) Crumble bread into medium bowl; pour on apple juice and set aside.

In small skillet melt margarine. Add onion and sauté until tender, about 5 minutes. Add to bread with remaining ingredients and stir until combined. Preheat oven to 350°F. Grease a 9-inch square baking dish. Place ¼ cup filling in center of each cabbage leaf. Fold up core edge, bring in sides and roll up, jelly-roll fashion. Place in baking dish.

In small bowl combine sauce ingredients; pour over cabbage rolls. Cover baking dish with foil and bake for 50 minutes; uncover and bake for an additional 20 minutes, basting rolls occasionally. Transfer to serving dish; pour sauce over cabbage. Makes 4 servings, about 315 calories each.

8. SLOPPY PEDROS

½ pound ground beef
1 medium onion, chopped
1 garlic clove, crushed
2 teaspoons chili powder
1 can (15¼ to 16 oz.) red or kidney beans, drained
1 can (10¾ oz.) condensed tomato soup, undiluted
½ cup water
¼ teaspoon salt
4 hamburger rolls, split and toasted

In medium saucepan cook beef over medium heat, breaking up pieces. Spoon off drippings. Add onion, garlic and chili powder; cook 3 to 5 minutes more. Stir in remaining sauce ingredients; simmer 10 minutes. Serve over rolls. Makes 4 servings, about 410 calories each.

9. PHILADELPHIA SCRAPPLE WITH EGGS

3 large fresh pork hocks
1½ teaspoons salt
¼ teaspoon crushed red pepper
3 quarts water
¼ teaspoon ground sage
¼ teaspoon pepper
1⅓ cups yellow cornmeal
Flour
3 tablespoons salad oil
Maple-flavored syrup
4 eggs, fried

In Dutch oven or large heavy saucepot combine hocks, salt, red pepper and water. Bring to a boil over medium-high heat; reduce heat to low and simmer uncovered until meat is very tender and falling away from bones, about 2½ hours. Remove hocks and set aside. Pour broth into a 1-quart measure. Skim off fat. If necessary, add water to broth to make 1 quart. Pour 2 cups broth back into Dutch oven. Reserve remaining and set aside to cool.

When hocks have cooled, remove meat and chop finely. Discard fat, bones and gristle. Bring broth in Dutch oven to a boil. Add meat, sage and pepper. Stir cornmeal into reserved cooled broth; gradually stir into boiling broth. Reduce heat to very low; cook 15 minutes, stirring occasionally. Spoon into greased 8½x4½-inch loaf pan. Cover with plastic wrap and chill thoroughly, preferably overnight.

Unmold and cut into ½-inch slices; coat slices with flour. Heat oil in large, heavy skillet over medium-high heat. Add scrapple; fry until golden brown and crispy, about 5 minutes on each side. Serve with syrup and eggs. Makes 4 servings, about 430 calories each with 2 tablespoons syrup.

10. STIR-FRY CHICKEN
pictured on page 112

1 chicken breast (1 lb.), skinned, boned and cut into ½-inch cubes
4 tablespoons soy sauce
4 teaspoons cornstarch
¼ teaspoon ground ginger
⅓ cup water
1 teaspoon sugar
3 tablespoons salad oil
¾ lb. carrots, thinly sliced on diagonal
1 medium onion, thinly sliced
¾ lb. zucchini, thinly sliced on diagonal
2 cups hot cooked rice

In medium bowl combine chicken, 2 tablespoons soy sauce, 2 teaspoons cornstarch and ginger; toss until well mixed.

In small bowl mix remaining soy sauce, water, sugar and remaining cornstarch; set aside.

Heat 2 tablespoons salad oil in Dutch oven or wok. Add chicken and stir-fry over high heat 3 minutes. Remove with slotted spoon. Add remaining salad oil to pan and heat. Add carrots and onion, stir-fry 3 minutes; add zucchini and stir-fry 2 minutes more. Return chicken and add soy mixture; cook until mixture thickens. Serve immediately with rice. Makes 4 servings, about 295 calories each.

11. FIX 'EM UP BAKED BEANS

2 slices bacon, cut into pieces
1 small onion, chopped
2 cans (16 oz. each) pork and beans
2 tablespoons brown sugar
1 tablespoon Worcestershire sauce
1½ teaspoons dry mustard

In medium saucepan over medium heat, cook bacon until crisp. To drippings add onion and cook 3 more minutes. Add remaining ingredients; simmer uncovered over low heat until desired thickness, stirring often. Makes 4 servings, about 365 calories each.

(continued)

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12. FISH CHOWDER

2 slices bacon, cut into ½-inch pieces
1 medium onion, chopped
1 cup cubed potatoes, uncooked
2 cups hot water
1 teaspoon salt
Dash pepper
1 package (16 oz.) frozen fish fillets, partially thawed, cut into 1-inch pieces
1 cup cold water
⅔ cup instant nonfat dry milk
1 tablespoon cornstarch
1 can (8 oz.) lima beans, drained

In large saucepan cook bacon until crisp. Add onion and sauté until tender. Add potatoes, hot water, salt and pepper. Bring to boil over medium heat. Cover; reduce heat and simmer about 8 minutes. Add fish; cook covered, 10 minutes. Meanwhile, combine cold water, dry milk and cornstarch; add to chowder with lima beans. Bring to a boil and boil 1 minute, stirring constantly. Makes 4 servings, about 230 calories each.

13. HUEVOS RANCHEROS
pictured on page 113

2 cups refried beans (see below)
1 jar (8 oz.) mild taco sauce
⅛ teaspoon ground red pepper
¼ cup water (about)
4 eggs
⅔ cup shredded Cheddar cheese
1½ cups shredded iceberg lettuce
½ cup chopped onion
2 tablespoons chopped parsley (optional)

In 10- to 12-inch skillet combine refried beans, half the taco sauce and ⅛ teaspoon red pepper. Stir in enough water to make mixture the consistency of thick soup. Bring to a boil over medium heat. Break eggs, one at a time, into small dish; slip onto bean mixture. Reduce heat; cover and cook just until eggs are set, about 4 minutes. Remove from heat; sprinkle eggs with additional red pepper and sprinkle on cheese. Spoon on remaining taco sauce. Surround with lettuce and onion. Sprinkle with parsley, if desired. Serve immediately from skillet. Makes 4 servings, about 365 calories each.

REFRIED BEANS

1 pound dried pinto beans (2½ cups)
Water
1 cup chopped onions
1 garlic clove, chopped
1 tablespoon salt
¼ cup bacon drippings

Wash beans; discard any stones or shriveled beans. Drain and place in large saucepot. Soak. (For quick-soak method, combine beans and 6 cups water. Heat to boiling; boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Or cover beans with water and soak overnight.)

Drain beans. Return to saucepot with 4 cups water. Add onions and garlic. Heat to boiling; reduce heat and simmer, covered, until beans are tender, about 3 hours. Remove from heat, add salt and mash beans with potato masher.

In large skillet heat bacon drippings. Add beans and cook, stirring constantly, until all the fat is completely absorbed and beans are hot. Add more water if beans are too thick. Use in Huevos Rancheros and Sarah's Mexican Pizza. Leftover beans may be frozen. Makes 6 cups, about 90 calories per ¼ cup.

14. BROWNIE PUDDING CAKE

1 cup all-purpose flour
¾ cup sugar
2 teaspoons double-acting baking powder
½ teaspoon salt
¼ cup plus 2 tablespoons unsweetened cocoa
½ cup milk
3 tablespoons melted margarine
1 teaspoon vanilla extract
¾ cup firmly packed light brown sugar
1¾ cups hot water

Preheat oven to 350°F. Grease an 8-inch square baking dish; set aside. In medium bowl combine first four ingredients and 2 tablespoons cocoa. In measuring cup combine milk, margarine and vanilla. Pour into dry ingredients and mix just until moistened. Spoon batter into baking dish, spreading evenly to edges.

In small bowl combine brown sugar and remaining ¼ cup cocoa. Sprinkle evenly over batter. Pour hot water over entire mixture; do not stir. Bake 45 minutes or until toothpick inserted in top comes out clean. Serve warm. Makes 6 servings, about 355 calories each.

15. PASTA AND FAGIOLI

2 slices bacon, cut in ½-inch pieces
1 garlic clove, crushed
2½ cups water
1 beef bouillon cube
1 cup elbow macaroni, uncooked
½ teaspoon salt
2 cans (20 oz. each) white or cannellini beans, drained (4 cups)
2 tablespoons tomato paste

In saucepan over medium heat, cook bacon until crisp. Add garlic and sauté 1 minute. Stir in water, bouillon cube, macaroni and salt. Heat to boiling, reduce heat, simmer 10 minutes. Stir in beans and tomato paste. Simmer over medium-low heat 5 minutes. Makes 4 servings, about 400 calories each.

Costs of our menus were based on prices at press time and the following individual portions:

Poultry, meat, fish	4 oz.
Eggs	1
Cheese	2 oz.
Peanut butter	2 tablespoons
Vegetables, rice, noodles, mashed potatoes	½ cup
Green salad	1 cup
Bread, rolls, biscuits	1 slice or piece
Bread sticks	2
Fresh fruit	1 medium
Canned fruit	½ cup
Ice cream, pudding, sherbet, frozen yogurt	½ cup
Margarine or salad dressing	1 tablespoon
Beverage: milk, coffee, tea	1 cup (8 oz.)

16. RIBBON SALAD

1 package (3 oz.) raspberry-flavored gelatin
¼ teaspoon salt
1 cup boiling water
¾ cup cranberry-apple drink
2 teaspoons white vinegar
1 package (3 oz.) cream cheese, softened
1 can (8 oz.) sliced pineapple, drained and cut into bite-size pieces
½ cup sliced celery
Celery leaves for garnish (optional)

In medium bowl dissolve gelatin and salt in boiling water. Stir in cranberry-apple drink and vinegar. Measure out ¼ cup and set aside. Chill remaining gelatin until slightly thickened.

In small mixer bowl gradually beat reserved ¼ cup gelatin into cream cheese just until well blended. Stir pineapple and celery into thickened gelatin; spoon half the gelatin into a 3-cup mold. Spoon cream cheese mixture over clear layer. Chill until cream cheese layer is firm, then top with remaining gelatin. Chill until set, about 3 hours. Unmold. Garnish with celery leaves, if desired. Makes 6 servings, about 230 calories each.

17. CHICKEN LIVER RISOTTO
pictured on page 115

1 cup long-grain rice, uncooked
2 cups giblet broth (reserved from Sept. 14)
1 pound chicken livers
3 tablespoons flour
4 tablespoons margarine
1 cup chopped onions
2 garlic cloves, crushed
½ teaspoon salt
¼ teaspoon pepper
1 cup frozen green peas

Cook rice according to package directions, substituting broth for water and omitting salt. Cut livers into bite-size pieces, coat evenly with flour, set aside.

In large skillet melt 2 tablespoons margarine over medium heat. Add onions and garlic; sauté until onions are tender, about 5 minutes. With slotted spoon remove from skillet; set aside. Melt remaining margarine and add chicken livers, salt and pepper. Cook over medium heat, turning livers often until browned, about 8 to 10 minutes. Return onions to skillet, add peas and cook, covered, over medium-low heat 8 to 10 minutes more. Spoon chicken livers over hot rice and toss lightly. Serve immediately. Makes 4 servings, about 505 calories each.

18. SARAH'S MEXICAN PIZZA

2 large hard or hamburger rolls, split
2 cups refried beans (see recipe at left) or 1 can (16 oz.) refried beans
6 ounces (1½ cups) shredded Cheddar cheese
1 cup shredded lettuce
½ cup chopped onion
¼ cup bottled mild taco sauce *(continued)*

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Preheat oven to 350°F. Place rolls cut side up on baking sheet. Spread with refried beans; heat in oven for 20 minutes. Top with cheese. Return to oven to melt cheese, about 5 minutes.

Combine lettuce and onion; place over cheese. Spoon taco sauce onto center and serve immediately. Makes 4 servings, about 440 calories each.

19. SAUSAGE 'N' CABBAGE STIR-FRY

1 cup egg noodles, uncooked
¾ pound kielbasa or Polish sausage, sliced
8 cups coarsely chopped cabbage
1 small onion, chopped
1 apple, cored and grated
½ teaspoon caraway seed
1 tablespoon brown sugar
2 tablespoons cider vinegar
½ teaspoon salt

Cook noodles according to package directions. Drain; set aside.

Meanwhile, in large skillet over medium heat cook sausage until browned, about 10 minutes. Remove with slotted spoon; set aside. To skillet add cabbage, onion, apple and caraway seed. Increase heat to medium-high. Cook, stirring, until cabbage is tender, 7 to 10 minutes. Add brown sugar, vinegar and salt. Cover and cook over low heat 5 minutes.

Return sausage to skillet; add noodles and toss. Serve immediately. Makes 4 servings, about 385 calories each.

20. SPAGHETTI WITH CLAM SAUCE
pictured on page 115

1 pound thin spaghetti
Salt
4 tablespoons margarine
¼ cup salad oil
4 garlic cloves, crushed
¼ cup chopped parsley
¼ teaspoon crushed oregano
¼ teaspoon pepper
2 cans (6½ oz. each) minced clams
½ cup water

Cook spaghetti according to package directions using only 1 teaspoon salt; drain. Place in serving dish; toss with 2 tablespoons margarine.

In a medium skillet heat oil and remaining margarine over medium heat. Add garlic, parsley, oregano and pepper and sauté for a few seconds. Stir in clams, clam broth and water. Reduce heat to low; simmer 3 minutes. Pour sauce on spaghetti; toss and serve immediately. Makes 4 servings, about 695 calories each.

21. MAPLE GLAZED ACORN SQUASH

1 large acorn squash (about 1½ lb.)
2 tablespoons margarine
2 tablespoons maple-flavored syrup
¼ teaspoon salt
⅛ teaspoon cinnamon
Dash nutmeg

Preheat oven to 350°F. Cut squash into quarters; discard seeds. Place in baking dish; puncture in several places with fork. Melt margarine; stir in syrup, salt and spices. Brush over cut edges of squash and spoon about 1 tablespoon into hollow of each quarter. Tightly cover dish with foil. Bake 1 hour or until squash is fork-tender. Serve with remaining sauce. Makes 4 servings, about 135 calories each.

22. TURKEY CHOWDER
pictured on page 114

Stock
1 turkey carcass
2 medium onions, quartered
2 ribs celery, cut up
2 sprigs parsley
¼ teaspoon whole peppercorns
4 quarts water
3 carrots, cut crosswise into thirds
Chowder
¼ cup margarine
3 to 4 tablespoons chopped green pepper
¼ cup all-purpose flour
¾ teaspoon salt
⅛ teaspoon pepper
2 cups turkey stock (recipe above)
1 cup cubed, cooked turkey
1 cup whole kernel corn, cooked
1 pint (2 cups) half and half cream

To make stock: In 6-quart Dutch oven or saucepot combine carcass, onions, celery, parsley, peppercorns and water. Bring to a boil over medium-high heat. Reduce heat; simmer, uncovered, 2 hours. Add carrots; simmer 2 hours more. Pour mixture through fine strainer or cheesecloth into large saucepot; reserve carrots. Boil stock rapidly until reduced to 2 cups. Slice carrots and return to broth. *(Can be made ahead to this point. Cover and freeze up to 2 months.)*

To make chowder: In 2-quart saucepan melt margarine. Add green pepper and sauté over medium heat until tender, about 5 minutes. Remove from heat; blend in flour, salt and pepper. Whisk in reduced turkey stock. Cook and stir over medium-high heat until mixture comes to a boil. Reduce heat to medium. Add turkey and corn; heat about 5 minutes. Stir in cream; heat through but do not boil. Makes 4 servings, about 430 calories each.

23. MACARONI WITH TWO CHEESES

2 tablespoons salad oil
1 garlic clove, crushed
1 small onion, chopped
1 carrot, chopped
1 can (15 oz.) tomato sauce
¼ teaspoon oregano
¼ teaspoon sugar
¼ teaspoon salt
Dash pepper
3 cups cooked elbow macaroni
1 cup ricotta cheese
1 cup shredded mozzarella cheese

In saucepan over medium heat, heat oil. Add garlic, onion and carrot and sauté until vegetables are tender, about 5 minutes. Stir in tomato sauce, oregano, sugar, salt and pepper. Heat to boiling. Partially cover, reduce heat and simmer 15 minutes. Preheat oven to 350°F. Meanwhile, in 1½-quart baking dish or ovenproof casserole combine macaroni and cheeses. Top with sauce and bake minutes. Makes 4 servings, about 4 calories each.

24. PORK ENCHILADAS

2 cups cooked, shredded pork (left over from Sept. 21)
1 cup sour cream
1 onion, chopped
1 cup (4 oz.) shredded Monterey jack cheese
½ teaspoon salt
½ teaspoon bottled hot pepper sauce
1 tablespoon salad oil
8 (5-inch) fresh or frozen corn tortillas
1 can (10 oz.) enchilada sauce

Preheat oven to 350°F. In medium bo combine pork, sour cream, onion, ½ c cheese, salt and hot pepper sauce; s aside. In small skillet heat oil. If usi frozen tortillas, thaw. Fry in hot oil for seconds on each side, just until soften Lightly coat one side of each tortilla wi sauce. Spoon about ¼ cup filling on each tortilla and roll up jelly-roll fashio Place in 12x8-inch baking dish, seam si down. Spoon on remaining sauce a sprinkle with remaining cheese. Cov bake 20 to 25 minutes, until hot. Makes servings, about 500 calories each.

25. APPLE-FRANK BAKE
pictured on page 114

½ cup instant nonfat dry milk
1½ cups cold water
2 tablespoons margarine
2 tablespoons all-purpose flour
1 cup (4 oz.) shredded Cheddar cheese
1 teaspoon prepared mustard
½ teaspoon salt
3 cups egg noodles, cooked
2 frankfurters, cut into ½-inch slices
1 apple, cored and thinly sliced
1 tablespoon brown sugar

Preheat oven to 350°F. Grease an 8-inc square baking dish; set aside. Mix d milk and water until dissolved; set aside

In medium saucepan melt margarin Add flour and stir over medium heat minute. Pour in milk and stir until com pletely combined; heat to boiling. Stir i ¾ cup cheese, mustard and salt. Coo until cheese is melted; remove from hea

In baking dish combine noodles cheese sauce, frankfurters and appl slices. Sprinkle with remaining ¼ cu grated cheese and brown sugar. Bake 3 minutes. Makes 4 servings, about 43 calories each.

26. CARROT SOUP

2 tablespoons margarine
1 medium onion, chopped
2 cups water
3 cups sliced carrots
1 cup diced potatoes
1 chicken bouillon cube
1 cup milk
¼ teaspoon salt
⅛ teaspoon nutmeg

In a medium saucepan melt margarine Add onion and sauté until tender, about minutes. Pour in water and bring to boil Add carrots, potatoes and bouillon cube.

(continued on page 147)

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continued from page 142

Return to a boil. Reduce heat, cover and simmer 20 minutes or until vegetables are tender. Remove from heat and let cool slightly. Place mixture in blender container and blend until smooth. Return to pan; stir in milk and seasonings. Heat just to boiling. Serve hot. Makes 4 servings, about 120 calories each.

27. PASTITSIO
pictured on page 114

Filling
- **¾ pound ground beef**
- **⅓ cup chopped onion**
- **1 garlic clove, crushed**
- **1 can (8 oz.) tomato sauce**
- **½ teaspoon salt**
- **½ teaspoon nutmeg**
- **Generous dash pepper**
- **¾ cup elbow macaroni, uncooked**
- **3 tablespoons margarine**
- **¼ cup fine, dry bread crumbs**
- **½ cup grated Parmesan cheese**

Cream Sauce
- **3 tablespoons margarine**
- **¼ cup all-purpose flour**
- **¼ teaspoon salt**
- **1½ cups reconstituted nonfat dry milk**
- **2 egg yolks, lightly beaten**
- **¼ cup grated Parmesan cheese**

For filling: In medium skillet cook ground beef, onion and garlic until meat is browned and onion is tender. Spoon off drippings. Add next 4 ingredients. Simmer uncovered until most of liquid is absorbed, about 5 minutes; set aside.

Meanwhile, cook macaroni according to package directions, omitting salt. Drain well and toss hot macaroni with 1 tablespoon margarine; set aside.

Preheat oven to 350°F. Place remaining 2 tablespoons margarine in a shallow 1½-quart baking dish and place in oven just long enough for margarine to melt, about 3 minutes. Sprinkle on bread crumbs and ¼ cup Parmesan cheese. Spread half the macaroni over cheese. Spoon on meat mixture. Top with remaining macaroni. Sprinkle with remaining ¼ cup cheese.

For sauce: In medium saucepan melt margarine over low heat; stir in flour and salt until smooth. Gradually stir in milk and cook over medium heat, stirring constantly, until thick and smooth. Gradually stir about ⅓ of sauce into egg yolks, then pour egg mixture all at once into hot sauce, stirring constantly to avoid lumping. Cook about 1 minute until thickened. Remove from heat; stir in Parmesan cheese. Pour sauce over macaroni; smooth with back of spoon. Bake 25 to 30 minutes until hot and bubbly. Makes 6 servings, about 465 calories each.

28. CHICKEN WITH POTATOES AND MUSHROOMS

- **1 broiler-fryer chicken (2 lb.), cut into 8 pieces**
- **Salt**
- **Pepper**
- **1 tablespoon salad oil**
- **2 cups potatoes, cut in 1-inch cubes**
- **6 large (about ¼ lb.) mushrooms, quartered**
- **2 garlic cloves**
- **¼ teaspoon rosemary**
- **2 cups chicken broth**
- **2 tablespoons cornstarch**
- **1 teaspoon lemon juice**
- **Chopped parsley (optional)**

Preheat oven to 400°F. Sprinkle chicken with salt and pepper. In Dutch oven or casserole with tight-fitting cover, heat oil over medium heat. Add chicken and brown on all sides.

Meanwhile, combine potatoes and cold salted water to cover in saucepan. Bring to boil; drain and add to Dutch oven with mushrooms and garlic. Sprinkle with rosemary. Cover tightly, bake 30 minutes. Transfer chicken and vegetables to warm serving platter; discard garlic. *(continued)*



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Preheat oven to 350°F. Dip eggplant slices into egg, the coat lightly with bread crumbs. Heat 1 tablespoon oil medium skillet over medium-high heat. Fry both sides eggplant in hot oil until lightly browned and crispy, about minutes on each side, adding more oil if necessary. Drain paper towels. Reserve 8 of the largest eggplant slices and line shallow 1½-quart baking dish with remaining eggplant. Place to 4 tablespoons filling on each reserved slice. Roll up jelly-r fashion and place seam side down in baking dish. Pour toma sauce over eggplant and sprinkle with ¼ cup cheese. Cover ar bake for 30 to 35 minutes until bubbly. Makes 4 servings, abo 355 calories each.

30. APPLE UPSIDE DOWN CAKE

¼ cup margarine
1 large apple, peeled, cored and sliced
1 cup sugar
¼ teaspoon cinnamon
1 cup all-purpose flour
¼ cup instant nonfat dry milk
1½ teaspoons double-acting baking powder
½ teaspoon salt
¼ cup margarine, softened
½ cup water
1 egg
1 teaspoon vanilla extract

In medium skillet over medium heat melt ¼ cup margarin Add apple; sprinkle on ½ cup sugar and cinnamon. Coo slowly, stirring occasionally, for 12 to 15 minutes until apple soft. Spoon apple and liquid into bottom of an ungreased 8-inc square baking pan, arranging apple in single layer.

Preheat oven to 350°F. Combine flour, remaining sugar, d milk powder, baking powder and salt in medium bowl. Ad softened margarine and water; beat with electric mixer jus until blended.

Add remaining ingredients and beat 2 minutes, scrapin sides of bowl occasionally. Pour cake batter over apple; bake 3 to 35 minutes or until slightly golden. Remove from oven; l stand 1 minute. Invert onto serving plate. Serve warm. Make 8 servings, about 280 calories each. **En**

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continued

In small bowl blend chicken broth into cornstarch. Stir in lemon juice and pour into Dutch oven. Stir over medium-high heat until mixture comes to a boil; boil 1 minute longer. Pour over chicken; garnish with parsley, if desired. Makes 4 servings, about 315 calories each.

29. EGGPLANT ROLL-UPS

1 medium (about 1¼ lb.) eggplant, peeled
Salt
Salad oil
1 small onion, chopped
½ teaspoon basil
1 can (15 oz.) tomato sauce
1 teaspoon sugar
Filling
1 package (7½ oz.) farmer's cheese, crumbled, or 8 oz. dry cottage cheese
1 package (10 oz.) frozen chopped spinach, thawed and well drained
1 egg, lightly beaten
¼ cup grated Muenster cheese
¼ teaspoon salt
Pinch nutmeg
1 egg, lightly beaten
½ cup dried bread crumbs
¼ cup grated Muenster cheese

Cut eggplant into lengthwise slices about ⅛ inch thick. Sprinkle both sides lightly with salt; let drain in colander for at least 30 minutes. In small saucepan heat 1 teaspoon oil. Add onion and basil; cook 2 to 3 minutes. Add tomato sauce and sugar; simmer over low heat 8 to 10 minutes. Set aside. Combine filling ingredients; set aside.

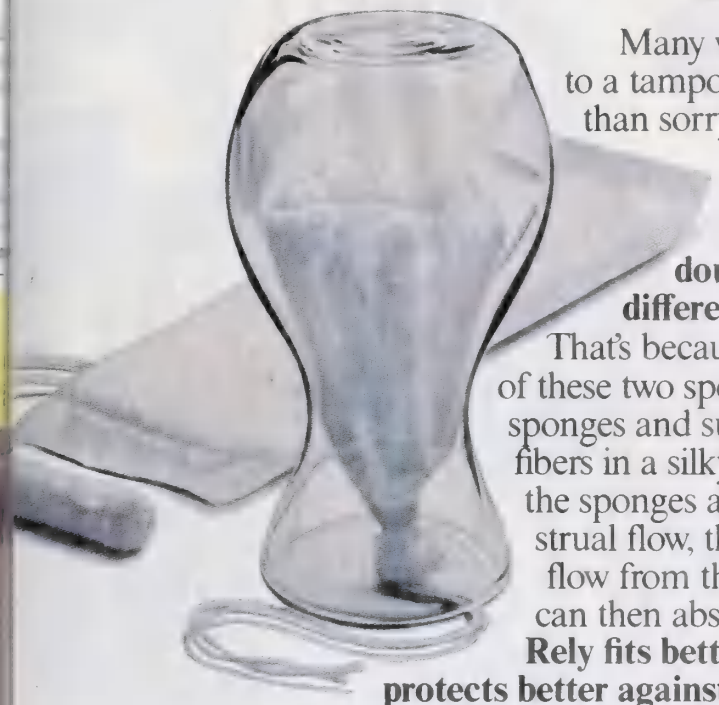
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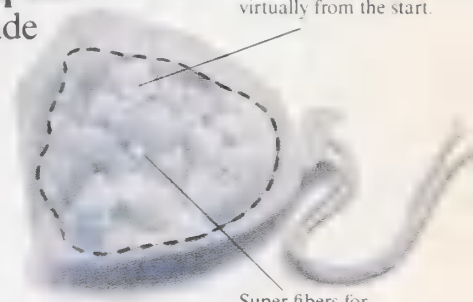
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How Tough Should Parents Be?

continued from page 44

Family relations experts are divided over choosing this last resort. Most agree that not every older adolescent can live harmoniously with his parents. ("Sometimes, as with adults, a divorce is better," says James Walters.) But many are strongly opposed to sending a young child away, except under dire circumstances.

In most states, if the youngster is a minor, parents can be charged with neglect if they demand he leave their home—even if his behavior was destructive. A family court order or approval from the social service agency involved is needed to remove a minor from the parents' custody. Generally speaking, a family court psychologist and social worker will evaluate a child under 16. If his behavior is deemed uncontrollable but he has no criminal record, he may be designated a status offender. He can then be placed in a youth shelter, foster home or residential center.

A growing number and variety of counseling services for parents with seriously troubled teenagers are available throughout the nation. Families Anonymous (F.A.), founded in Los Angeles in 1971 by parents of drug-addicted children, has now broadened its scope to handle a range of problems. Today it has more than 190 groups across the country that meet weekly in churches and community buildings.

Patterned after Alcoholics Anonymous and Al-Anon, F.A. believes that when a youngster is in trouble with the law or with himself, his family needs help too. The organization advocates a "tough love," encouraging parents to "release" their children when they are destructive to their families.

At a recent meeting of F.A. in Massapequa, Long Island, a distraught couple told about their pretty, blond 16-year-old daughter who had run away and become a prostitute living with a pimp. The girl rarely visited or contacted her family except to pressure them for money. "It's tearing me apart," the mother said.

Her saga was greeted with sympathy. Another woman described how she had repeatedly bailed out her alcoholic son when he'd been jailed for disorderly conduct. With the help of F.A., she realized that he had to handle this himself. After she stopped rescuing him every time, he later joined a rehabilitation program.

Clearly, parents must bring new skills to relationships with children. Learn to listen carefully to what your teenager is actually trying to say. Don't dwell on minor matters. Always stress what counts.

"Requiring that your youngster attend school regularly and complete his homework may be far more important than insisting he keep his room neat or come home punctually after school events," says John Von Glahn, executive director of the Family Service Association of Orange County in Justin, California. "What's more, overlooking certain infractions shows teenagers that you'll allow them to be themselves as long as they abide by the most important rules and values of the household."

But what can you do if you know, or



have reason to believe, that your teenager wants to do something risky or even harmful? Take Kim, 14, who wanted to sleep over at a friend's house. Her mother suspected that drugs and liquor would be passed around freely. For a week, Kim cajoled, cried and argued that all her friends were going. Finally her mother, with many misgivings, backed down and allowed her to attend. By relenting, Kim's mother is encouraging her daughter to circumvent her discipline.

Paul, 17, was even more manipulative. He was determined to borrow his mother's car to drive to Florida with a friend during school vacation. When his parents turned him down, he threatened to hitchhike instead. Concerned that he would be mugged or even killed soliciting rides, his mother gave in and lent him her car against his father's protests.

Another common ploy teenagers use is blaming parents or making them feel guilty.

"Keep in mind that manipulative behavior doesn't spring up in a vacuum," declares Dr. Donald A. Bloch, executive director of the Ackerman Institute for Family Therapy, in New York. "When a teenager is regularly manipulative, chances are he's picked up this pattern from one or both of his parents." For example: Have you often used bribes to get your kids to do what you want? Are you especially nice to your husband when you want something from him?

It goes without saying that parents who stand together have a better possibility of getting their teenager to cooperate. If they disagree on important issues, their child might play parents off against each other. This holds true for divorced parents as well, who should confer regularly about matters affecting their children.

Here are a few guidelines to help you lower the conflict-quotient with adolescents in your household:

- Set up an ongoing dialogue with your teenagers. Try to find a time each day to talk with them. Express your opinions on subjects like drugs and sex, even though those views might be considered "square." Make an effort to be calm, courteous and objective. Always back up your views with facts.
- Avoid becoming anxious, angry or overreacting, whether the issue is drugs or anything else of potential consequence. Young people are easily upset by accusations they consider unfair or exaggerated. Some parents don't ask or wait for an explanation. That may push a youngster who's only talking about doing something—or experimenting—into more defiant behavior.
- Exercise some moderation about prying into your child's life. Bear in mind that adolescents need and have the right to some privacy. Unreasonable surveillance often backfires.
- When punishment is necessary, choose a form that you can effectively carry out. For instance, there's no point in ordering a strapping 17-year-old boy to stay home from a school basketball game because if he wants to, he can just walk out the door. But you can deprive him of the use of the car since you have the keys.
- Don't make the punishment too long or postpone doling it out. When the disciplinary action is severe, kids tend to play down what they did and brood upon the injustice done to them.
- Never ignore danger signals that your teenager may need help. A marked change in behavior lasting for more than a few weeks may spell trouble: a formerly cooperative child who becomes hostile and withdrawn, for instance. Look for loss of interest in school work, truancy, any of the well-established signs of drug use (antisocial behavior, euphoria, paraphernalia associated with drugs or the drugs themselves). *(continued)*



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How Tough Should Parents Be?

continued

• If you know, or suspect, that your teenager is in trouble, let him know that you're available to listen. When the situation seems serious, calmly urge him to get professional help. Make it clear that you're not abandoning or reproaching him. Rather reassure him that you care so much about his welfare that you're helping him in the best way you know how.

Nobody ever said raising happy, well-adjusted youngsters was easy. Every generation of parents has coped with rebelliousness. There's comfort to be gained from the fact that most parents and teens have survived adolescent turmoil.

Yet it's hard to get a perspective if you're a beleaguered parent whose youngster is acting up. What's more, the broad range of social and economic changes that has taken place in recent years unquestionably has made it harder to discipline teenagers and keep them out of trouble.

One encouraging development is the rapid growth of counseling services to which parents can turn for help before family problems reach the crisis stage. Still, many experts do not feel this is enough. They say it's time for a pro-family policy that goes all the way from the community level to the White House. More and better daycare facilities for the children of working mothers, tax breaks for the single parent and family-oriented courses in schools are only some of the supportive measures being proposed.

"Since teenagers will be the parents of tomorrow," asserts James Walters, "and since the continuity and strength of our society depend upon producing caring, reasonable adults, this should be everyone's concern." **End**

WHERE TO FIND HELP

A good place to start finding information about reputable counseling services or therapists is your church, synagogue or their community organizations. Another excellent source is the Family Service Association of America, which has more than 260 accredited agencies across the country. For the name of the one in your area, look in the Yellow Pages under "family service agencies" or write to: Family Service Assn. of America, 44 East 23rd Street, New York, N.Y. 10010.

You'll also find numerous other counseling services and family therapists in your local listings. Be sure to check their credentials first before approaching any individual or group for help. For more information about Families Anonymous, the self-help organization for parents with more than 190 groups, write to their clearinghouse: Families Anonymous, Inc., P.O. Box 344, Torrance, Calif. 90501. Include $1 to cover the cost of informational material and postage.



"Okay, now! Give your imitation of the scarlet tanager!"



LIVING WITH YOUR STARS

FOR SEPTEMBER

VIRGO (August 23—September 22) This month the stars put a happy aura around all relationships. An old grudge should now be resolved. Old and new friends make life fun. Good opportunities seem to drop into your lap—especially around the ninth.

LIBRA (September 23—October 22) It's an important month for you, heralding a new chapter of life. The new and novel will be attractive, and travel is favorable. Adapt to changes; don't try to cling to the past. Time to look forward—not back. Stick with an exercise program.

SCORPIO (October 23—November 21) A new romance is exciting. It's a hectic month, but you'll enjoy it all. Dynamic stars have you looking and feeling your best. An interview mid-month will have a fortunate outcome. A friend will share an important piece of information with you. Travel is favored now.

SAGITTARIUS (November 22—December 21) A long held dream may now come true. If single, a new romance is on the way. It's a lighthearted period—and friends happily share good times with you. Now's the time to work out plans for some positive action next month. Weekend outings will keep vitality high.

CAPRICORN (December 22—January 19) Problems can now be solved, if you're willing to give a little. New friendships and interests are favored this month. Travel would be especially beneficial. Behind-the-scenes activities will soon work in your favor.

AQUARIUS (January 20—February 18) Love finds you wavering between the old and the new. Organization will be important this month so that leisure time will not be dominated by mundane chores. Avoid making any decisions now—your ideas are quite scattered. Luck improves next month.

PISCES (February 19—March 20) Trends in family life begin to improve this month. Romance blossoms through some friendly interference. Enjoy yourself, but let others take the lead. Good news is definitely on the way for you, but fortune is with those who are around you.

ARIES (March 21—April 19) Loved ones will be excessive in their demands for attention and support. A hectic schedule keeps you on your toes mid-September. The first half of the month will be a lucky period.

TAURUS (April 20—May 20) It's an overcrowded month, creating disharmony in relationships. Avoid making any drastic changes now. Scheduling some leisure time can help keep your irritation level low. Be extra cautious about any sudden "propositions."

GEMINI (May 21—June 20) A romantic but restless month. Keep up-to-date on important jobs and meetings. A good time for making some changes. Try making some connections to help your ambitions along. Make special time for better communications with loved ones.

CANCER (June 21—July 22) A romance could begin—suddenly and unsteadily. A friendly overture could lead to some unusual opportunities. Be bolder in your thinking—a stroke of fortune is yours if you're ready for action.

LEO (July 23—August 22) Your charm is irresistible. It's a lively and fascinating month. People just gravitate to you, seeking your company and sharp ideas. Leo's self-assurance is an asset now in putting plans into action. — PETER VIDAL



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HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

BEAUTY

The common foible of women who have been handsome is to forget that they are no longer so.—*Rochefoucauld.*

How much wit, good nature, indulgences, how many good offices and civilities, are required among friends to accomplish in some years what a lovely face or a fine hand does in a minute!—*Bruyére.*

Beauty is as summer fruits which are easy to corrupt and cannot last; and for the most part it makes a dissolute youth, and an age a little out of countenance; but if it light well, it makes virtues shine and vice blush.—*Bacon.*

What tender force, what dignity divine, what virtue consecrating every feature; around that neck what dross are gold and pearl!—*Young.*

Beauty, unaccompanied by virtue, is as a flower without perfume.—*From the French.*

Loveliness needs not the aid of foreign ornament, but is, when unadorned, adorned the most.—*Thomson.*

I pray thee, O God, that I may be beautiful within.—*Socrates.*

All beauty does not inspire love; some beauties merely please the sign without captivating anything of the affections.—*Cervantes.*

The criterion of true beauty is, that it increases on examination; if false, that it lessens. There is, therefore, something in true beauty that corresponds with right reason, and is not the mere creation of fancy.—*Greville.*

Every year of my life I grow more convinced that it is wisest and best to fix our attention on the beautiful and the good, and dwell as little as possible on the evil and the false.—*Cecil.*

By cultivating the beautiful we scatter the seeds of heavenly flowers, as by doing good we cultivate those that belong to humanity.—*Howard.*

In all ranks of life the human heart yearns for the beautiful; and the beautiful things that God makes are his gift to all alike.—*H. B. Stowe.*

Beauty attracts us men; but if, like an armed magnet it is pointed, beside, with gold or silver, it attracts with tenfold power.—*Richter.* **End**

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HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

HONESTY

An honest man's the noblest work of God.—*Pope*.

A culture which prizes honesty because "honesty is the best policy" is not honest. It is shrewd. And shrewdness is violence become crafty.—*Alexander Meiklejohn*.

Honesty is the best policy.—*Franklin*.

Make yourself an honest man, and then you may be sure there is one rascal less in the world.—*Carlyle*.

It was a grand trait of the old Roman that with him one and the same word meant both honor and honesty.—*Advance*.

To be honest, as this world goes, is to be one man picked out of ten thousand.—*Shakespeare*.

The shortest and surest way to live with honor in the world is to be in reality what we would appear to be; and if we observe, we shall find that all human virtues increase and strengthen themselves by the practice and experience of them.—*Socrates*.

All other knowledge is hurtful to him who has not honesty and good-nature.—*Montaigne*.

He who freely praises what he means to purchase, and he who carefully enumerates the faults of what he means to sell, may set up a partnership with honesty.—*Lavater*.

A grain of honesty and native worth is of more value than all the adventitious ornaments, estates or preferments, for the sake of which some of the better sort so oft turn knaves.—*Shaftesbury*.

The only disadvantage of an honest heart is credulity.—*Sir P. Sidney*.

A straight line is shortest in morals as well as in geometry.—*Rahel*.

God looks only to the pure, not to the full hands.—*Laberius*.

He who says that there is no such thing as an honest man is himself a knave.—*Berkeley*.

I hope I shall always possess firmness and virtue enough to maintain what I consider to be the most enviable of all titles, the character of an honest man.—*Washington*.

True honesty takes into account the claims of God as well as those of man; it renders to God the things that are God's, as well as to man the things that are man's.—*C. Simmons*.

It would be an unspeakable advantage, both to the public and private, if men would consider that great truth, that no man is wise or safe but he that is honest.—*Sir W. Raleigh*.

Socrates, being asked the way to honest fame, said, "Study to be what you wish to seem."

The difference that there is betwixt honor and honesty seems to be chiefly in the motive: The truly honest man does that from a sense of duty, which the man of honor does for the sake of character.—*Shenstone*.

The man who pauses in his honesty wants little of a villain.—*J. Martyn*.

If he does really think that there is no distinction between virtue and vice when he leaves our houses, let us count our spoons.—*Johnson*.

If honesty did not exist, we ought to invent it as the best means of getting rich.—*Mirabeau*.

No legacy is so rich as honesty.—*Shakespeare*.

Prefer loss before unjust gain, for that brings grief but once; this forever.—*Chilo*.

There is no terror in your threats; for I am armed so strong in honesty that they pass by me as the idle wind which I respect not.—*Shakespeare*.

Lands mortgaged may return, but honesty once pawned is ne'er redeemed.—*Middleton*.

"Honesty is the best policy", but he who acts only on that principle is not an honest man. No one is habitually guided by it in practice. An honest man is always before it, and a knave is generally behind it.—*Whately*.

Hope of ill gain is the beginning of loss.—*Democritus*.

Do not consider anything for your interest which makes you break your word, quit your modesty or inclines you to any practice which will not bear the light, or look the world in the face.—*Marcus Antoninus*.

Put it out of the power of truth to give you an ill character. If anybody reports you not to be an honest man, let your practice give him the lie.—*Marcus Antoninus*.

Honesty is not only the deepest policy, but the highest wisdom, since however difficult it may be for integrity to get on, it is a thousand times more difficult for knavery to get off. And no error is more fatal than that of those who think that virtue has no other reward because they have heard that she is her own reward.—*Colton*. **End**

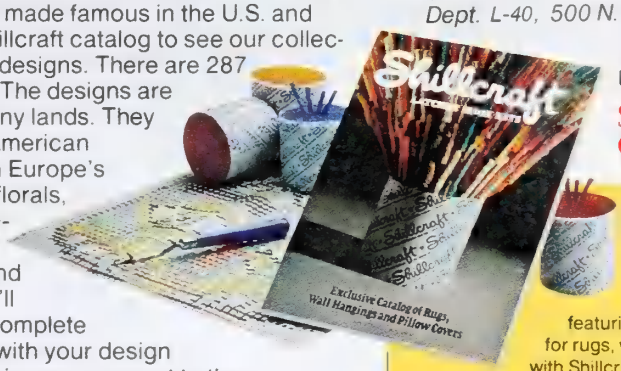
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What's Happening

continued from page 14

gether but, since there's no adult around to tell them anything, each emotional and physical development comes as a complete surprise to them. It is all terribly silly, overlaid with coy "Oooo, what's *that?*" sex. At one point they spy savages. They do not say "Thank God it's Friday." They say "Let's get out of here." Alert audiences will say the same.

WHOLLY MOSES. Whoever begat this mess should beget out of the movie business. Dudley Moore, the amiable British comic actor, plays Herschel, an infant whose father (James Coco) puts him into the Nile on the same day that Moses is put into the Nile. But baby Moses floats into the arms of the Egyptian royal family first, so Herschel becomes an idol maker, a chiseler making graven images and cracking poor Old Testament jokes. *Wholly Moses* is wholly senseless.

ROUGH CUT. Here's the sort of movie you should watch while lying in a late-summer hammock. Burt Reynolds is a suave diamond thief, David Niven is a suave Scotland Yarder who means to unravel Reynolds' racket, and Lesley-Anne Down is the suave beauty Burt falls for in this romantic comedy. *Rough Cut* is a comedy capped with a caper that's fun to fathom, filled with switched planes, tricky twists, $30 million in diamonds and polished performances. A lighthearted pleasure. **End**

GENE SHALIT RE-VIEWS

The Black Stallion is wonderful family entertainment; based on the popular book about a shipwrecked boy rescued by a wild stallion.

The Changeling—Finally there is a good horror movie with creepy, stealthy suspense. George C. Scott and Melvyn Douglas star.

Coal Miner's Daughter, starring Sissy Spacek in the story of country singer Loretta Lynn, is a ton of pleasure.

The Empire Strikes Back—Dazzling effects and the popular *Star Wars* characters return in the second film of the series. Memorable new character: Yoda, the elf-size wizard whose voice belongs to Frank Oz of Muppet fame.

Kramer vs. Kramer stars Dustin Hoffman and Meryl Streep as parents in a custody battle over their son, and is one of the finest films in years.

Little Miss Marker—Walter Matthau and Julie Andrews star in this latest version of Damon Runyan's story. If you like a bit of sentiment, you'll like this.

The Long Riders is a first-rate western about the Jesse James-Cole Younger gang. The Keach brothers play the James brothers; the Carradine brothers play the Younger brothers.

My Brilliant Career—A lovely and intelligent film, set in Australia in 1897, about a girl choosing between marriage and a career.

The Shining, Stanley Kubrick's new horror film starring Jack Nicholson and Shelley Duvall, is a letdown and a disappointment.

Tom Horn stars Steve McQueen as a cowboy-of-fortune in a rather empty western.

The Watcher in the Woods wastes the talents of Bette Davis in a dreary Disney mystery.

MARILYN MONRO

continued from page 95

a big hand, in which I could nestle m big toe, and in recollection it was like th way I felt later when I was up on the pin elephant. So I never forgot Arthur Mille We would correspond and he would te me to ignore the idea people had of me a a sexpot and realize I was a beautiful lad inside.

I was happy to tell Amy all of this. was relieved she finally knew. Because a the while I'd been living in Connecticu I used to go into New York occasionall for the night, and spend it secretly wit AM, then return to Connecticut next a ternoon. I used to feel uncomfortabl coming back in, like an alley cat out a night. I was dying to tell Amy about M Miller, and how every moment away fro Connecticut had been with him. I woul have liked to say to Amy, "Arthur Mill is the gentleman I'm seeing, but you hav to understand he's married and has chi dren, and a home, and I am not a hom breaker." Only who would have believe the sincerity of my feeling? I used t know a lot of kids in foster homes, wh were there because some woman had br ken up their father and mother. Then th parents never got together again. Fo practical purposes, the kids were no orphans. So, one stigma I (continue

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MARILYN MONROE
continued

never wanted placed on me was that I deprived a child of its parents. Arthur would always explain to me that I was breaking up nothing. He and his wife had been ready to separate for years. I hoped it was true, and told myself it was, but I could not bring myself to tell Amy. Therefore I was relieved when she found out. Although it was crazy the way she did. One evening she and Milton were driving back from New York, and a bolt of lightning must have come from the witch that used to suckle her, because Amy said, "The fellow Marilyn's keeping company with is Arthur Miller." Milton almost ran off the road. Later when I asked her how she knew, she said it just came to her. When I talked about plays, or asked people if they'd seen this play or that play, I'd never say directly "What do you think of Arthur Miller?" Instead, I would mention Tennessee Williams and William Inge and only later intersperse Art's name. She thought that had something to do with the way she guessed.

Anyway, I felt good. I could bring my friends together now. So I told Mr. Miller that while I loved Brooklyn and adored walking through Brooklyn streets because those old brownstone buildings made me think of the Civil War and the Revolutionary War inasmuch as Washington had crossed over from Brooklyn to New Jersey long before he ever had to look for the Delaware, I still wanted AM to meet some of my friends. So I told Amy, "I'll be out for the weekend, and Arthur is coming for Sunday brunch." Then I explained what I wanted Kitty to do in the way of preparation. I wanted a wonderful ham, a wonderful sweet-potato pie. I loved Kitty's sweet-potato pies, her deep-dish apple pie, and Amy said to me, "You're just a Jewish yenta. All you want is to give your man wonderful things to eat." The chicken in cornflakes, I told her, was another absolutely marvelous thing that Kitty made. And salad, and candied carrots, and a lot of good wine. I was so excited Arthur was coming and the house was shining, and filled with flowers.

I think he was a little nervous when he finally arrived. He talked a lot. In fact, Art talked the entire time. All those very funny stories, and I loved listening to him. But I knew that Amy, who respected him immensely, wanted to get a word in edgewise all the same, so I finally said, "Amy loved *Death of a Salesman*," which enabled her to tell the story of the night she saw it, and how everybody was so moved that no one clapped at the end. It would have been sacrilege to destroy what the audience felt, she said. Arthur said that that happened about once every ten days. It was the reaction he enjoyed most. Then we went into the living room and had coffee—Arthur was a big coffee drinker—and he talked about theater, and we all spoke about *Bus Stop*, which 20th Century wanted me to make if I was going to negotiate a new contract with them, and discussed whether Rock Hudson should play the lead opposite me, and after Arthur left, I wanted to know everything Amy thought about my man. She kept saying he was very nice. Only I didn't feel that little bit of true esteem running over. Two or three days later I said to Milton right in front of her, "Amy doesn't like Arthur," which made her say, "Listen, I have nothing against the man." That convinced me. I was right.

I didn't care. I was at the Waldorf now, and Art and I didn't have to walk for hours back and forth through Brooklyn and prove that love was not just sex, but the wonderful feeling you could get from looking at old buildings.

The next time Arthur and I got together with Amy and Milton was at Jimmy LaGrange's restaurant, which had a back room that was partitioned off for privacy. Everybody was real cool about it including the piano player, an awful nice man, and we arranged it so that Milton, Amy and myself would be there first and Art could slip in. "It's enough you're fighting Twentieth," Amy explained. "You don't have to be called a home-wrecker as well."

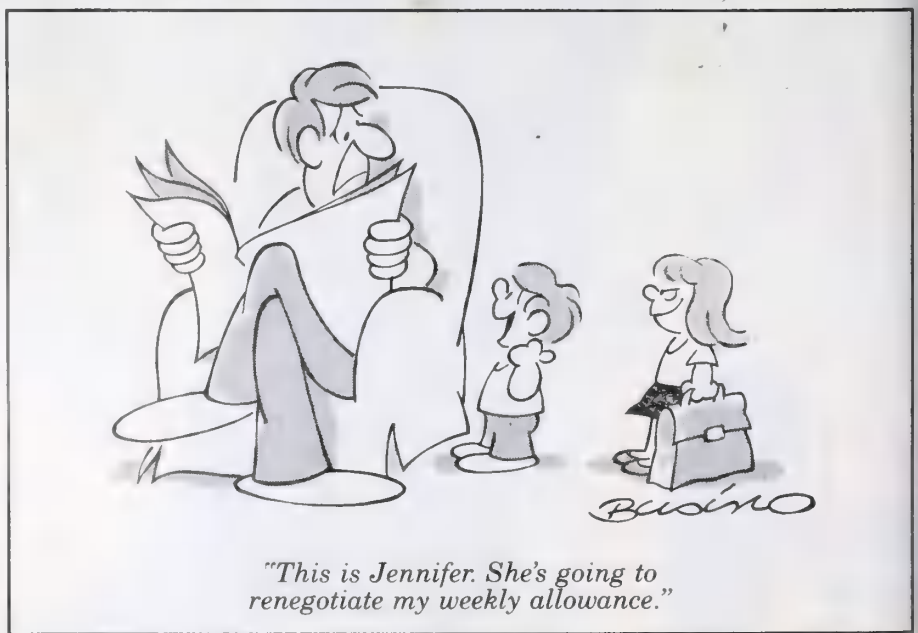
In fact, we got so cautious that when *Cat on a Hot Tin Roof* opened, we all went as Tennessee's guests, but since I was going to be in a low-cut gown and all the photographers would be there, Arthur didn't even come in with us. We only joined up afterward at the opening-night party, where I threw good old caution to the winds again and stayed by his side all night. In the sneakiest part of one of my two personalities, something must have been saying, "The hell with the bad publicity you're saving me from, what about all the good publicity I'm missing?"

The dark old water pump was working. Maybe ambition was also passionate. It certainly left me in a true state of excitement about Art and myself. Even the people who couldn't see straight when they heard my name would soon have to admit that this girl Marilyn Monroe was not merely an excuse for low sexual urges. After all, nobody in America was ever going to say that a gentleman like Arthur Miller, with a face as full of character as his, could be *(continued)*

Journal Shopping Center

FASHION: PORTRAIT FASHIONS
PAGE 96: KASPER for J.L. SPORT 2-piece taffeta dress: blouse with lace collar, $104, dirndl skirt, $100. Available at Marsal, N.Y.C.; Sandra Post, Bal Harbour, Fla; Chisholm Halle, Cleveland; Parisian, Birmingham, Ala.; Carriage Shop, Dallas.
ACCESSORIES: K.J.L. pin; DANSKIN tights; SELVA shoes.
PAGE 97: RALPH LAUREN Wellington cape $680, ruffled linen blouse, $220, velvet dirndl skirt, $220. Available at Henri Bendel, N.Y.C.; Polo Ralph Lauren Shop, Dallas.
ACCESSORIES: K.J.L. earrings
PAGE 98: OSCAR DE LA RENTA 3-piece ensemble: merino wool jacket bordered with embroidery over a silk crepe de chine blouse and cotton velveteen skirt, $1,270. Available at Saks Fifth Ave., N.Y.C.; Garfinckel's, Washington, D.C.; Frances Heffernan, Chicago; Sakowitz, Houston; Eleanor Keesham, Los Angeles.
ACCESSORIES: K.J.L. earrings; DANSKIN tights; DEL-MAN shoes.
PAGE 99: CHARLOTTE FORD 2-piece silk organza evening dress with embroidered blouse, $278. Available at Bloomingdale's, N.Y.C.; Miller & Rhoads, Richmond, Va.; Jordan Marsh, Miami; Davison's, Atlanta; Joseph Magnin, San Francisco.
ACCESSORIES: K.J.L. earrings; SELVA shoes.
All prices approximate.

DECORATING: ADD SPACE TO YOUR PLACE
PAGES 100–101: On kitchen counter, wooden "Hot Holder" trivet by InterDesign Craft; Juice Extractor MP-50, by Braun; Mixer M46WHS/3535-201 white, has 12 speed selections, 1½ and 3½ qt. stainless bowls, by General Electric; Teakettle, #119 red, porcelainized enamel on steel, 2 qt. capacity, by Copco.
PAGES 102–103: (Garden Room) Wicker sofa, $850, one of a selection of old ones, and rag rug, 55" × 96", $476, from The Gazebo, 660 Madison Ave., NYC 10021. Wicker table #447, 30" dia., dining chairs #847, and Bar Harbor bookcase #363, from the Wicker Garden, 1318 Madison Ave., NYC 10028. Pillows, about $16.50 ea., and Dutch wax-process batik fabrics, covering sofa and chair seat pads, 48" wide, about $12.50 yd., from Fabrications, New York/Boston; for more information write Fabrications, 110 Gould St., Needham, MA 02194. Framed chromograph, "Cornflowers and Pussy Willows," 41" × 37", about $250, from a limited edition by Greg Copeland Inc.*
PAGES 104–105: Wallpaper, "Bois de Bologne" #P040404-8, and matching fabric #F50504-8, 48" wide, 27" rpt., by First Editions*, 979 Third Ave., NYC 10022. Towels in Tiger Lily and Mist Blue by Martex.
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interested in the cheap side of sex. That was equal to saying Abraham Lincoln went around pinching girls on the QT. (Of course I was 22 years old before I realized that QT was not another name for your backside.) No, whether they liked it or not, a lot of prune-faces would soon have to say, "Marilyn Monroe must be more intelligent than I thought." I didn't understand, as yet, that people would say instead, "Arthur Miller has lost all good sense."

However, even if I wanted people to know of our romance, I had to be careful. With Arthur, you had to change one thing at a time. I figured his talent had to stay deep down, for that reason he did not like to add more than one factor to his life at a time. I could see this by how slowly he made friends with the Greenes.

Moreover, Art didn't really like Lee Strasberg. Now that I was in New York proper, at the Waldorf, I was having the intellectual experience of my life learning how to act at Actors Studio. I would go there to witness various performances after studying in private with Mr. Strasberg, and no matter how much I had been taught about acting up to then, it was nothing compared to Lee because he got you scared of doing bad acting. He made you feel that if you were phony on stage there could be nothing worse. He was not a man whose looks most people liked right off, since he was short and very, what you might call, severe-looking—he always seemed to be smelling something stale in other people that he had to disapprove of. Yet he never looked that way at me. I believe something in his heart came to attention on the day we met, because I saw a jewel in his eye every time he stared in my direction. I think he believed that in deepest parts there was nothing phony about me. That was the highest praise I could think of. All that year at the Waldorf, I felt like I was being watched over by three talented intelligent men (counting Milton) and, on occasion, I really felt rosy. Milton even introduced me to Marlene Dietrich one day, and for a little while I felt just like her.

I loved Arthur because he seemed to know the answer to everything, and when he didn't, why then this wonderful sadness would come off him and he would brood. He didn't always understand what bothered me, but he made the effort, and that was so attractive. Nobody had ever worried as much about my feelings as Arthur. Milton sometimes knew just what to do for them, but Arthur did the worrying. Of course, twice a year when I was ready to give it all up, Milton would say, "Chaplin. You will be in white, and Charlie Chaplin will be in black." That was all I needed. I knew if I ever got together with Mr. Chaplin there would be no need for contact in any role—I would just react to Charlie Chaplin. Acting would be as simple as Ping-Pong. So I loved Milton for knowing when to say that. Milton would help me then in a way Arthur never could, but [illegible] I was so mad about AM. When I saw *Death of a Salesman*, I thought it was the greatest play I ever went to, greater than Shakespeare, and here was this tall, skinny 40-year-old fellow in my room talking like a boy with a big grin at how funny the world was, yes. Art had these two speeds, brooding and funny, and I loved them both. A lot of the time he was so tender I didn't think of it as sex any longer but mighty like a rose, what a wonderful song that was. I could tell him in all honesty, "It was never so perfect before." Not a ghost to haunt me as I said it. *(continued)*

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SEPTEMBER RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. All have been tested by our home economists.

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MARILYN MONROE

continued

We had a real problem, though. The State Department wouldn't give Art a passport to accompany me to England for *The Prince and the Showgirl*. They practically said it was due to Communist leanings. Chairman Walter of the House Un-American Affairs Committee wanted Arthur to testify in Washington. We heard that if he refused to talk they could give him a year in jail. I couldn't have been more full of worry when we went to Washington for the hearing, and I never felt closer to Art. It was us against the world. That is the most beautiful feeling you can have, and Arthur told them the next day in Congress that he wanted to go to England to be with the woman "who will then be my wife." He held my earrings in his hands as he said it, and I thought he sure wanted to be in England, what with Olivier there, and almost got the giggles at the thought but fought them back. It made me realize that I had to concentrate just as much in my life as my work to keep those loose nuts from rattling.

In the next day or two, editorials started being written all over the world to complain about America's treatment of one of her leading artists. That must have made the State Department give in. They soon passed the word, "Give Miller a passport. Regardless of his politics." To which I wished to add, "Yes, isn't this democracy?"

Now there was a rush to get married. Outside our apartment in New York, reporters were camped up and down the street. Every time we went out, they chased us in their cars. They wanted an announcement of the wedding. Arthur and I stood on the sidewalk at 57th Street and he told them we would give a press conference on Friday in Roxbury, Connecticut, where he had his home. I could see a look in Arthur's eye. He was accustomed to little press conferences, one or two reporters, maybe three, who would ask him respectful questions and really want to hear what he said. But Arthur wasn't used to being with a rude bunch like this. He was learning how they only wanted to prod you to say something idiotic for their headline.

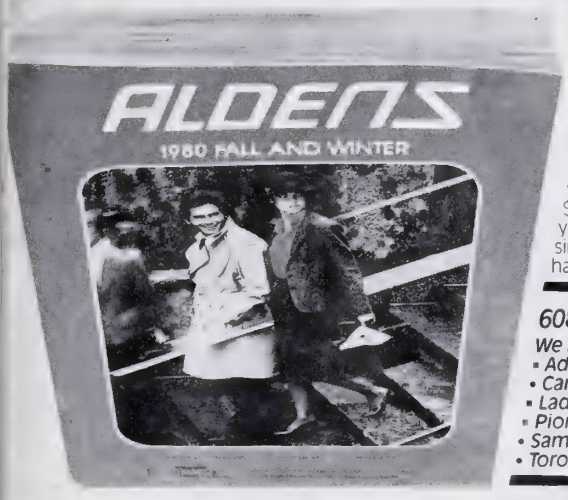
They made so much pressure that in the drive up to Roxbury on Friday there was an accident. Before it happened, I even felt the air getting heavy. A woman from *Paris-Match* was chasing us, and her car went off the road on a turn. She got thrown out and killed. Worst of all, we were only a couple of hundred yards from the house—one more turn and she would have been alive. So when I saw her, I couldn't keep control of myself. Being on the front page all week gave me the same taste of pennies on my tongue that I used to feel—all used up! Now, here was the dead girl looking like Romulus. That same pool of blood. That same special look. As if she was awaiting instructions.

When we walked up to the house, I felt a terrible panic. Like the wedding was doomed. "Let's do it tonight," I said and Arthur agreed. Therefore, on the drive back to New York, we did it with a judge in the White Plains courthouse.

But Sunday we had the real wedding. It was with a rabbi at Arthur's agent's house, Kay Brown, in Katonah, and that was more in the nature of a real one. In fact, we worked like crazy to get ready for it. There were a lot of problems, especially about clothes. Arthur did not have a black suit. The most he'd ever wear to get dressed up was slacks and a jacket, or chinos and a tweed jacket. Maybe he owned a navy-blue suit. But he was not what you'd call a snappy dresser. So I asked Milton to ring somebody up for help, and a friend of his brought over six suits to chose from. They got Arthur outfitted from top to toe. Meanwhile John Moore and Norman Norell were doing the same for me. I *(continued)*

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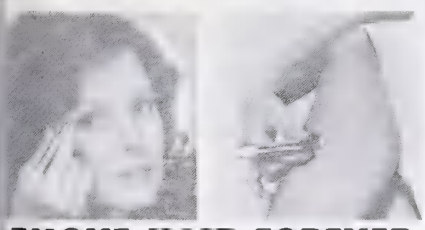


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YOU AND YOUR HEALTH

continued from page 90

Again, I explained, there aren't any universal rules. What is right for one person may be wrong for the next. For a long time, however, I have felt that an annual exam—for women *and* men—is usually unnecessary. My personal recommendations are the following:

1. If you haven't seen a doctor for anything except a gynecological exam in the last three years, and you're between the ages of 25 and 40, I think it's wise to have a checkup. After 40, slightly more frequent exams are advisable. It's probably not needed if you've seen a doctor for illnesses during the year.

A formal examination should include having your blood pressure and breasts checked (I hope my patients do the monthly self-examination I advise) and some simple blood tests. Have a blood count to check for anemia and infection, a cholesterol and other tests that measure kidney and liver function.

2. Every woman over 25 should have a general checkup—not just a Pap smear—when she moves to a new town. Where you had your last examination is as important as when. If you had your last physical in Dallas, your physician won't be of much help when you get ill while living in Chicago.

Whenever possible, patients should carry old records with them. Having your family history on file can sometimes help your new doctor solve diagnostic problems in a minute. Patients with heart disease should *always* carry a copy of their cardiogram with them.

3. It's not really that important whether you go to a gynecologist, internist or GP, as long as you go to someone you feel you can trust. Seeing a gynecologist for a pelvic exam and an internist for a general physical is perhaps ideal. But this can get expensive. Some gynecologists give general checkups also, while internists, like myself, may do pelvics and Pap smears on patients at the time of their general exams. If I find an abnormal Pap or mass, I send the patient to a gynecologist.

I don't recommend clinics that specialize in preventive care because prevention and treatment should be linked in continuing care.

My patient seemed relieved. "So that's all I have to do to stay fit?" she asked.

"Not quite. I can't stress enough that the major responsibility for staying healthy is up to the individual. You can't get fat, smoke heavily and avoid exercise, for example, and then hope that a checkup will magically solve all of your medical problems.

"By taking good care of yourself, you can prevent most illnesses—but not all. That's why regular checkups are still a good idea." **End**

MARILYN MONROE

continued

wanted white, only Amy said, "You can't wear it. You have to go for beige, you've been there already." I could have cried. I wanted white. I wanted to carry lilies and wear a long veil. "Don't you understand," I wanted to say to Amy, "I am *really* getting married for the first time? Do not tell me I've been there before." "No," said Amy, looking at me, "white would be tacky. You'll be lovely in beige. Dress in the color of champagne." That cheered me up. Champagne in a shiny slippery satin. We would have a beige chiffon, said Norman Norell, with a very plain neckline, little snug sleeves. For something borrowed, I would wear Amy's wedding veil. Three beautiful round pieces of veiling, one right on top of the other. It was white, but Norman Norell took it away with Amy and they dyed it in tea and it came out champagne. So I told myself that secretly I was still wearing white. Then Amy brought in parchment hose from Bendel's, the only place to sell stockings that color, and I got all dressed up, and the Strasbergs were there and the Rostens and a few of our other friends, and practically none of the press; thank God we fooled them. I went to the bedroom with Milton and Lee and Amy for a quiet moment before the ceremony, but that dead girl was still very much in my mind and I said, "Tell me if I'm making a mistake. Tell me if you don't want me to do it. If you say it's wrong, I won't do it." Milton looked at me and began to shake. "I can't do that," he said. "You have to tell me if you really don't want to. You have to say . . ." He shook his head, he started to stutter. "It's a major step," he finally said. Lee Strasberg just stood there not saying a word, and I thought to myself, "None of it feels real. I'm playing a role that I'm deeply in love with Arthur Miller, and my concentration has been superb until this moment. But now I've lost contact with the part. Milton is really saying to me, 'Tell us that you don't want to get married, and we'll take you away!'" I looked at him a long time. I thought about it. We didn't sneeze, we didn't breathe.

I began to think of how I had converted to Judaism and had to study the Old Testament with a rabbi, then of how I met Arthur Miller's folks and loved them very much, his father, Isadore, and his mother, Celia. Amy was able to help me with the Old Testament because she had converted long ago when she married Milton. Mrs. Miller had begun to teach me how to prepare gefilte fish and chopped liver and chicken soup with matzoh balls, plus other things like borscht. I looked at Lee and Milton and Amy and thought, "What am I an actress for, anyway?" So I smiled, very cynically, I suppose it looked, and I said, "Oh, what the hell, we can't disappoint the guests," and Amy spoke up in her big voice and said, "My God, doomed before they even take the vow!" and we all laughed, since that was one line from *My Fair Lady* that Amy and I were awful fond of, in fact the very words Professor Higgins used when Liza was going to marry Freddy Eynsford-Hill. Now Lee said, "Yes or no?" and I took Amy's hand and said, "Okay, go out and light the candles, and tell everybody we'll be there." *(continued)*



"If that's who I think it is, tell him I've split and left no forwarding address."

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Lee Strasberg acted like my father and gave me away. Hedda Rosten and Judy Kantor and Amy were the bridesmaids, or really the matrons of honor, all dressed in sandy, soft-colored things, and a rabbi gave the service, and before you knew it, Arthur began to stomp on the glass, and Milton stepped on it instead, and crushed it, and everybody yelled "mazel tov," and Arthur turned and kissed me. Later, Amy told me that in her wedding, she and Milton were married on the lawn and the damned glass wouldn't break cause the ground was too soft underneath, so maybe Milton felt like destiny owed him one glass, and he cracked mine.

The day after the wedding I realized that when I asked Milton if I should get married I was playing nothing but a scene. After all, I had been married already on Friday night by the judge. I just hadn't felt married.

Now, I did. Art and I stayed in Roxbury for a week. I watched the bumblebees fly up to the flowers near the front porch, and had funny thoughts such as that the bees are to nature what the press is to me. I giggled at the idea of reporters taking all my honey, and then got mad at the thought as well. Really, that was how I often felt—like a flower without honey—just green and damp and bitter inside.

Art kind of collapsed that first week. We were happy but we were also like two orphans in a storm. We held onto each other and felt very tired. I realized that in his own way Art was almost as delicate as me, and things took a lot out of him. I decided then that he wouldn't be able to take care of me quite as much as I had expected. He might turn out to be more of a hitching post than a house with four walls. Still, that made me love him more than ever. It was so unexpected to think maybe he needed me too. I mean, Art had such a strong face. It was a new understanding for me to see that when there was a lot of terrible tension from events, and his emotions were all in an uproar, the only way it showed was that his jaw muscles got tighter, and his skin turned yellow under the tan. Considering that he was such a nice, sensitive, fine Jewish man, Art reacted a little bit like the Mafia, physically speaking.

We needed more time than that week. I just wanted to watch the bumblebees buzz around the flowers. So we cabled Milton, who was already in England for the Olivier movie, and told him we'd like another ten days. He sent back a telegram to tell us that the production would lose a lot of crucial time. "You can have a wonderful honeymoon right here in England. Larry Olivier says."

We had to go, therefore. But we were angry. For the first time, I felt ready to despise Milton Greene. It came over me all over again that he had broken my glass at the wedding. That was not humorous but. . . I asked Art for the word. "Preemptive," he said.

The very last time I saw Milton was in Beverly Hills at La Scala. He was sitting at a table alone, eating, and I came over and said, "How are you?" He looked up and said, "Fine. What are you doing?" Then he asked, "Are you all right?" It was a good many months after I had gotten my divorce from Arthur Miller and I knew I looked terrible. I had too much makeup on and it was cakey. The hair was a mess. In fact, I felt horrible inside. I had been going with Frank Sinatra, but he wasn't around any more and I heard he had said, "Get rid of her." I didn't know if it was true or not, I didn't know if Sinatra would say something like that about me. I knew he would never say it to my face, but he could have said to others, "Get her away from me."

Now, I sat at that table in La Scala's, depressed. I wished I'd washed my face. "How are you?" I kept asking Milton. "Fine," he said, "how are you?" "All right," I said, "how's it going?" "The same," said Milton. I began to giggle. Milton would always say, "The same." He could have made a million or just lost his house, but if people asked him how he was feeling, he would always say, "the same." "How's it with you?" he asked. "Oh," I said, "it's coming along." I could see him hesitate. I know he wanted to say, "Let's go back into business again," and I wondered if I would say yes. But he didn't, and we said good-bye, and I never heard from him again until this night.

It was a night in August, in 1962, when he called me up out of nowhere and said, "Marilyn, last night Amy had a dream. In this dream, you're asking for help. She woke me up and said I should get myself on an airplane over to you because you're in trouble and you need someone." I broke down and began to cry. "Oh, Milton," I told him, "I've been having a terrible time." I explained how they'd fired me from a film and now were going to reinstate me, but my love life was a peculiar mess, and I didn't know the kind of situation I was in at all, and he said, "Marilyn, do you want me to come out?" and I said, "How busy are you?" There was a pause. Milton answered "To be perfectly honest, I'm going to Europe in a couple of days to do the collections for *Life* magazine." I said, "This is silly. My fears are silly. Go to Europe, go right ahead. Don't worry about it." After we hung up, I called back to ask if he would really come out when he was done with Paris, and we made a date to meet when he returned to America in early September. Of course, I never got to see the end of August. Or even the middle. **End**

PUBLISHER'S NOTE: While based on Marilyn Monroe's life and the reminiscences of Amy and Milton Greene, the episodes depicted here are not intended to be wholly factual representations of the life of Marilyn Monroe and in no way pretend to offer the actual thoughts of Marilyn Monroe or anyone else named in this book.



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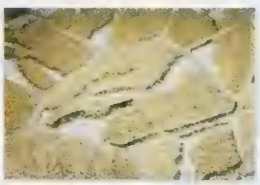


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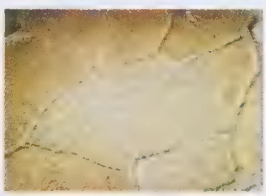
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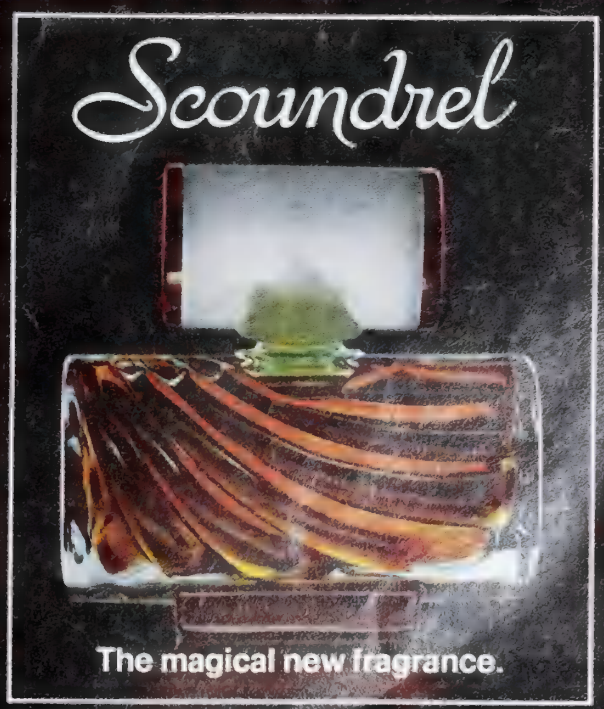
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Editor's Diary

Needed: A Dialogue With Women

As the November election approaches, two things are clear. First, that economics will be a core issue on which all Americans will be examining the presidential candidates. Second, that with women constituting more than half of the voting population, they are a constituency not to be taken lightly. True, all women do not share the same political view, but they do have a number of economic concerns in common.

As we go to press, *Ladies' Home Journal* and the Women's Economic Round Table, a non-profit national organization, which amplifies the role of women in the formation of economic decisions, have combined as co-sponsors of an ambitious project: the first Presidential Candidates' Dialogue with Women. This debate, planned for sometime before the election, in Washington, D.C., will hopefully bring the candidates together to discuss economic issues before a large audience of women, including representatives of women's groups and political parties, elected female officials and representatives from business and education.

Far-reaching support

Over 100 women's groups have announced support of the effort. The steering committee includes representatives from both the Republican and Democratic National Committees and other leaders representing a balanced point of view. The honorary committee includes First Ladies Betty Ford and Lady Bird Johnson, as well as women in Congress.

If the candidates will accept the debate, questions on economic issues will be prepared by a broad-based Issues Committee. But even if the debate, for some reason, is not brought to fruition, *Ladies' Home Journal* and the Women's Economic Round Table would like you to submit your question or questions. (We will continue our efforts to have the candidates face and answer the major questions affecting the lives of women.)

PLEASE SEND YOUR QUESTIONS AS SOON AS POSSIBLE. Write them on a single sheet of paper, with your name and address, plus any organizational affiliation. Send them to PRESIDENTIAL CANDIDATES DIALOGUE WITH WOMEN, *Ladies' Home Journal*, 641 Lexington Avenue, New York, N.Y. 10022. The dialogue with women must go on.

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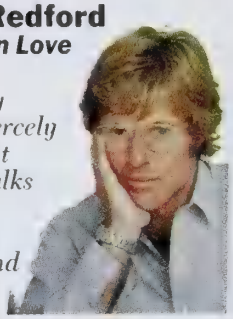
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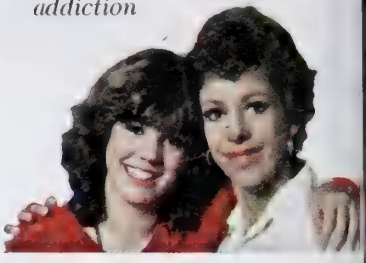


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Best Foods® also BAKES!

(The Real Mayonnaise is the shortening.)

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1 1/2 cups firmly packed dark brown sugar
1 cup BEST FOODS Real Mayonnaise
2 eggs
1 teaspoon vanilla
2 3/4 cups unsifted flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup chopped pecans
1 cup pecan halves, optional

In large bowl beat first 4 ingredients until smooth. Stir in next 4 ingredients. Drop by level tablespoonfuls 2 inches apart on greased cookie sheets. Top each with pecan half. Bake in 375°F oven 8 to 10 minutes or until lightly browned. Immediately transfer cookies to wire racks. Makes about 4 dozen.

CHOCOLATE MUNCHIN' CAKE

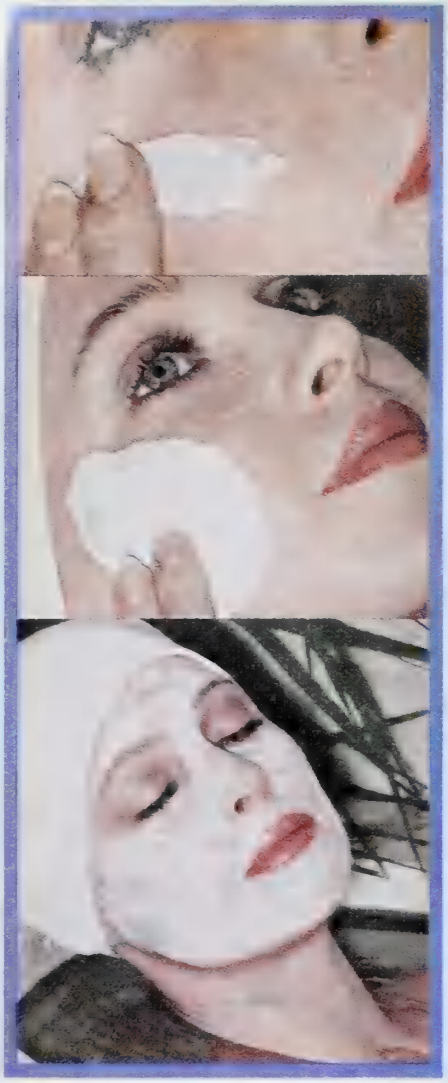
(The lacy look makes this moist cake beautiful)

1 1/2 cups unsifted flour
3/4 cup sugar
1 teaspoon baking soda
2/3 cup strong coffee or water
1/2 cup BEST FOODS Real Mayonnaise
1/3 cup chocolate flavored syrup
1 tablespoon vinegar
1 teaspoon vanilla
1/4 teaspoon salt
Confectioners sugar

In 8 x 8 x 2-inch baking pan stir together first 3 ingredients. Add next 6 ingredients. Stir with fork, scraping corners and sides of pan, until mixture is uniform. Bake in 350°F oven 30 to 35 minutes or until top springs back when touched lightly. Cool on wire rack. Place paper doily on top; sprinkle with confectioners sugar. Remove carefully.



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What's Happening

MOVIE VIOLENCE

The offense to your children; what you can do.

Gene Shalit



A scene from *Friday the 13th* (at left), rated R by the movie rating board, which means that small children were able to see a noxious mess of grisly violence. Such ratings, says Gene, are at best unreliable; at worst a ruse.

Are you finally fed up with movie violence?

When will Hollywood put a stop to children being brutalized and desensitized by the repugnance that scars the screen?

In the past, I have exposed movie violence as *The New Obscenity*. Yet the carnage continues. The screen is savaged wth chronic waves of degradation as the newest techniques of special effects vandalize American films. Murder and mutilation, formerly suggested or stylized, are now sickeningly explicit: throats are sliced, chopped-off heads roll across the screen, axes split foreheads. Producers call it illusion and magic. I call it collusion and tragic.

How long will parents allow movie-makers to crouch behind a rating system that's a hoax?

Soothing public anger

Ratings pretend to protect children, but they were really forged to protect the investors. The Motion Picture Association of America rating board was cooked up by the MPAA as a buffer against the public's growing anger at Hollywood's increasing depravity. Movie magnates schemed that self-"regulation," heavily hyped, would soothe the public clamor. The trick worked. Congress backed off. The public was lulled.

At the heart of the hokum is the R rating. One definition: An R movie is a violent X movie that kids can see, thereby immensely increasing the potential profit.

All this in spite of the rule of the motion picture production code governing the depiction of murder on screen that says: "The basic dignity and value of human life shall be respected and upheld. Restraint shall be exercised in portraying the taking of life."

The list of these violent movies is a long one and virtually without exception they were (and still are) lightly tapped with the permissive R rating.

Example: *Bring Me the Head of Alfredo Garcia* (rated R) is a title that doesn't need elaboration. Neither does another R, *The Texas Chain Saw Massacre*.

In *Marathon Man*, we see two men burned alive, there's a bomb in a baby carriage, a throat slit, a neck snapped, a man stabbed in the stomach and hideous scenes of Laurence Olivier torturing Dustin Hoffman with dental tools. *Marathon Man* was rated R. Translation: Small children can see it.

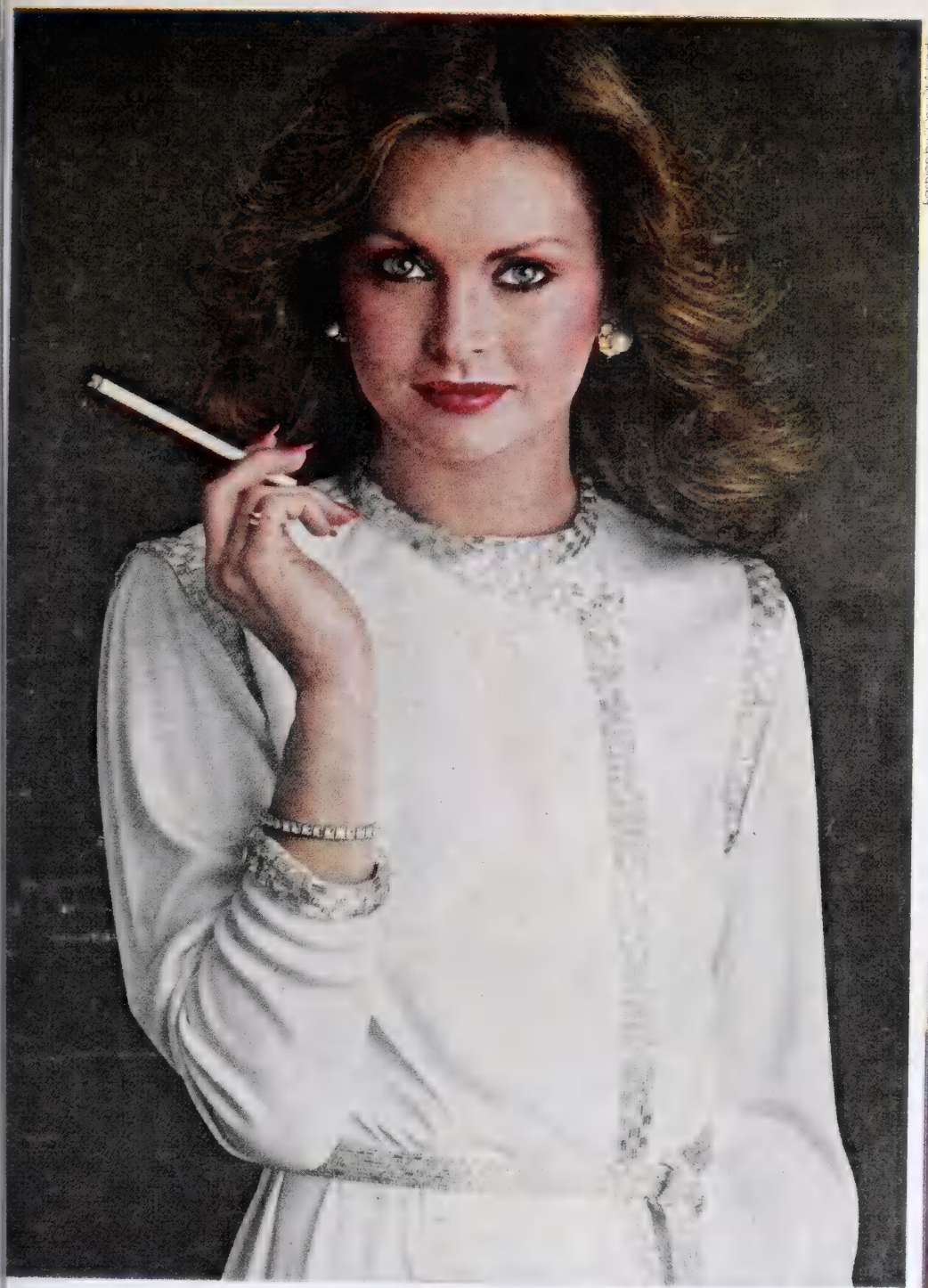
Then there is *Friday the 13th*, one of this past summer's biggest money-makers: At a summer camp, a dozen college-age kids are strangled, choked, chopped up, hung upside down and sliced in grisly closeup. After every youngster has been barbarously murdered, Betsy Palmer's head is cut off, revealing her pulsing neck. This noxious mess was slipped an R.

Another unconscionable R was given to *Cruising*, perhaps the most loathsome film of the decade.

Don't be deceived: R is a ruse. The MPAA board is a dissemblage of movie-muckers who want to beguile you into thinking that your children are being shielded from sadism and violence.

The R rating proclaims that no

(continued on page 16)



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

18 mg. "tar," 1.4 mg. nicotine av. per cigarette, FTC Report Jan. 1980.

Gerber Nutrition Report
Answers to questions parents ask us.

How can I be sure I'm not overfeeding my baby?

After the first few months, the best rule is to "trust your baby's appetite" in most cases. Don't be too anxious to feed that last ounce of formula if your baby seems satisfied with less. And don't assume that fussing and crying are always signs of hunger. If your baby has been fed within the last two hours, the chances are good that there is some other reason for discomfort.

No more than a quart of formula a day

As your baby grows, so will his or her appetite. Pediatric experts agree that feeding more than a quart of formula a day is not a desirable way to meet the nutritional demands of a growing appetite. Cow's milk based formulas are higher in mineral content (including sodium) than breast milk. This higher mineral content can stimulate thirst and cause baby to drink more formula than necessary. When your baby demands more than a quart of formula a day, check with your health care professional about starting supplementary foods.

A well balanced variety of supplementary foods in moderate amounts

Follow your health care professional's instructions for the gradual introduction of supplementary foods. Give baby a small amount of new food for several consecutive days. After baby shows acceptance, introduce another new food. Once this gradual introduction is completed be sure to provide a well balanced menu based on the basic food groups, served in amounts suitable to satisfy baby's appetite.

Consult your medical advisor

Babies grow and gain weight at varying rates. There is no "correct" weight for any age. If you have questions or concerns about your baby's weight, discuss them with your health care professional.



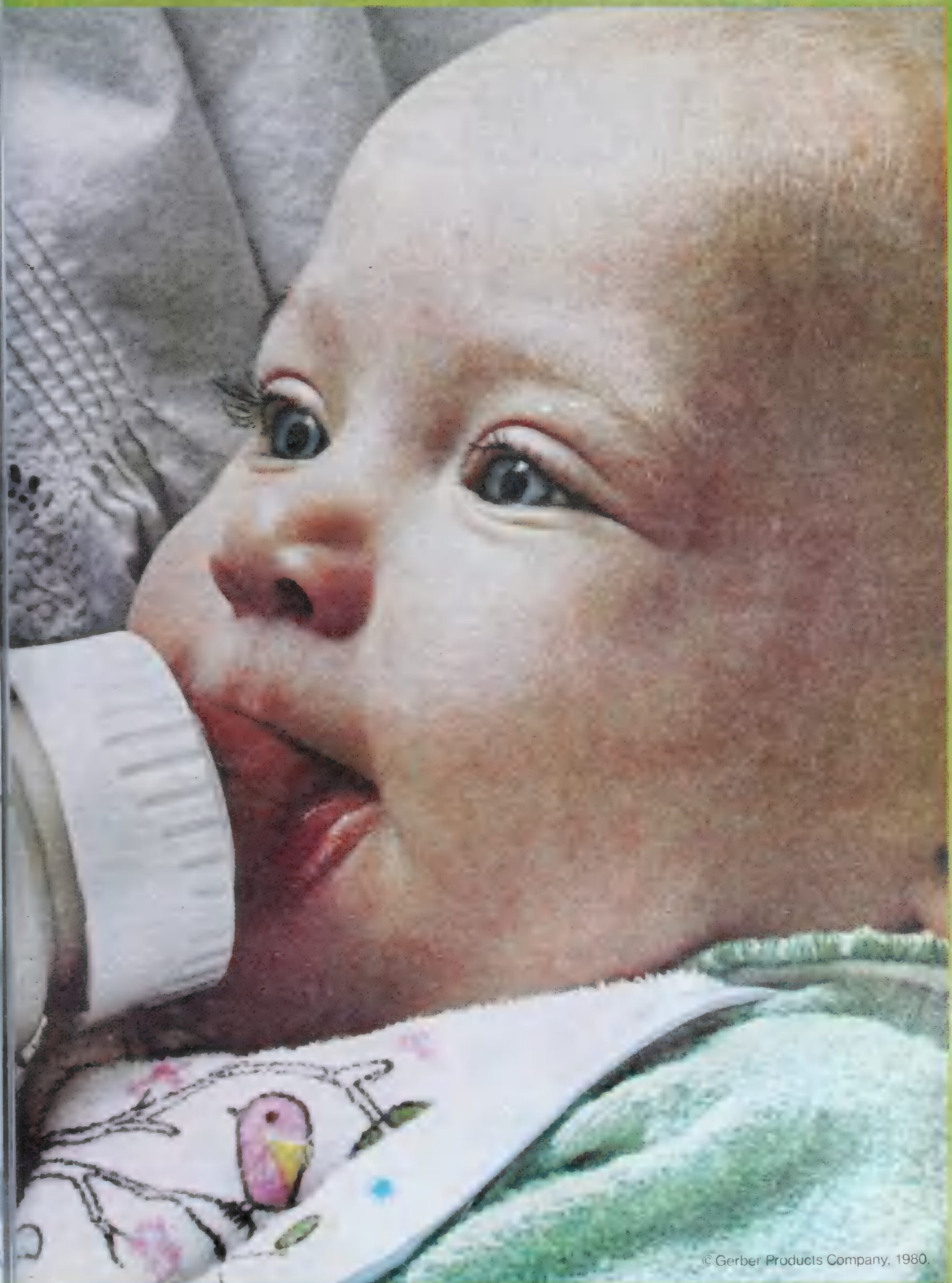
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continued from page 12

child can see a picture unless accompanied by a parent or guardian. Humbug! What has a parent's presence to do with the effect of violence on a child? Mother Teresa herself in the next seat would not prevent a young child from being scared and scarred by *Cruising*.

Jack Valenti, president of the MPAA, often speaks of "censorship" when it's suggested that young children be denied admission to ultra-violent movies. Yet his own board supports so-called censorship: It has a (seldom used) X at its disposal. This prohibits viewing by children under 17. That is an absolute prohibition taking control away from parents and it is by Valenti's own definition "censorship." That is a scare word. Personal freedom and sensible restrictions for children *are* compatible in a democracy.

Since the ratings are unreliable, how can a caring parent tell if she should take her child to the R movie? Is she supposed to go alone first to see for herself, and see it again with her child? Obviously that's ludicrous. How else? She has learned that many movie ads are designed to mislead you into the theater with false promises, and TV commercials for movies are often distortions. She's stuck. The result is that millions of demoralized moviegoers have stopped going to movies at all.

Shirking responsibility

America is the only western nation I know of whose rating system is run by the movie industry and that shirks its public responsibility by hiding behind parents.

Compare America's ratings with those in England, a nation that really cares about its children: Young people can either see a movie or they cannot. England does not use the MPAA's bring-your-parents subterfuge. Two ratings are for anyone and two have strict prohibitions. Here's the system:

U: Unlimited. Anyone may go.

A: Anyone may go, although aspects of the film may be unsuitable for those under 14. Still, anyone may go.

AA: No person under 14 may attend *(with or without an adult)*.

X: No person under 18 may attend (with or without an adult).

Some movies are *so* squalid that the British board won't even issue an X! When that happens, and under certain circumstances, local municipalities may give such a film a special X certificate, *for adults only*.

The British board is an independent body of seven members (unlike the MPAA) *who do not report to the movie industry*. They are civil servants reporting to the Home Office for Internal Affairs. To see how the British care about their under-14 children, compare these four pictures:

	USA	ENG
The Gauntlet (violence).	R	X
The Boys in Co. C (violence).	R	X
First Love (college sex).	R	X
Fun With Dick and Jane (sex and robbery).	PG	X

American children could see *all* of those. English children under 18 could see *none*.

Which rating system would you prefer for *your* children?

Sources of movie violence

I have talked with responsible movie executives about the surging siege of violence. There is general agreement about its origins. They insist that the public's insensitivity to violence grew from the way TV news covered the war in Vietnam. Pictorial journalism became more graphic. When you saw *The Longest Day* in 1962 (the story of the Allied invasion of Europe) you didn't see viscera coming out of the blown-up soldiers' bodies. Nor was there a bath of blood in another classic war film, *Patton*. But TV did bring the gore of war into America's homes, and millions became inured to savagery and mutilation.

One producer said: "Everything in life has become more explicit and hyperbolic: sex, violence, even criticism." He conceded that "movies are more violent than they were in the long past," but he blamed it on crime and war being more explicitly reported than they were years ago.

"In the Second World War," he said, "war was depicted in a romantic way. But by the time of Vietnam, moving pictures on the home screen showed it all, and human life had become cheaper in the perception of audiences. Now, have the movie-makers made it cheaper still? Perhaps they have."

There is a place for movie violence. There is a place for disciplined violence in all of the arts—and there has been since the beginning. Cain slew Abel. *I do not advocate any form of censorship for adults*. In a free society, what adults see is nobody else's business. But what a child sees is society's business. Any civilized nation must issue some restraints on what its young children are exposed to during the early years of childhood. This responsibility has been renounced and abandoned by the movie-makers, by our elected representatives and by many parents. I am opposed to emotionally destructive movies being displayed for impressionable young children.

What can parents do?

Some families have given up movies altogether. That's sad. Movies are a most wonderful entertainment. You do not purge disgusting movies by boycotting *all* movies. You must see the good ones. They will give you and your family great pleasure and can enrich your lives. If you want these good films, you must prove them to be profitable. If the fine films fail, then the bad will drive out the good.

How can a parent protect America's movie-going children?

First, work for the abolition of the R rating. Either a child may see a movie or a child may not see a movie. Being accompanied by an adult is not adequate protection.

Second, work for the creation of a rating board that is independent of the movie business. This could overcome the dealmakers who are staining the screen. They are the movies' army of darkness.

Performers and parents: It is time to act! **End**

Write and tell us how you feel about movie violence. We plan a follow-up feature to this column in the near future, and we want to include as many reader letters as possible. But please write soon—deadline is October 31. Much as we'd like to, we will be unable to acknowledge every submission. Address letters to:

Violence
Ladies' Home Journal
641 Lexington Avenue
New York, N.Y. 10022

GENE SHALIT RE-VIEWS

The Black Stallion is wonderful family entertainment based on the popular book about a shipwrecked boy rescued by a wild stallion.

The Blue Lagoon is a silly, rather coy story about a boy and girl shipwrecked on a tropical island.

The Changeling—Finally there is a good horror movie with creepy, stealthy suspense. George C. Scott and Melvyn Douglas star.

The Empire Strikes Back—Dazzling effects and the popular *Star Wars* characters return in the second film of the series. Memorable new character: Yoda, the elf-size wizard whose voice belongs to Frank Oz of Muppet fame.

The Long Riders is a first-rate western about the Jesse James-Cole Younger gang. The Keach brothers play the James brothers; the Carradine brothers play the Younger brothers.

My Brilliant Career—A lovely and intelligent film, set in Australia in 1897, about a girl choosing between marriage and a career.

Rough Cut—Burt Reynolds, Lesley-Anne Down and David Niven star in this lighthearted comedy about a diamond thief.

The Shining, Stanley Kubrick's new horror film starring Jack Nicholson and Shelley Duvall, is a letdown and a disappointment.

Tom Horn stars Steve McQueen as a cowboy-of-fortune in a rather empty western.

Up the Academy, a tacky, tasteless movie, was not made by *Mad* Magazine.

Urban Cowboy stars John Travolta as a blue-collar worker in Houston. If you like Travolta, Texas and country and western, you'll like this.

Wholly Moses, starring Dudley Moore, is a wholly senseless Old Testament spoof.

An important message to Mothers...from Wrigley's.

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What your hairdresser does in th
Ogilvie Hair Repair Lotion and



This one actually works to repair your hair.

It's more than a conditioner—it goes to work instantly and goes on working till your next shampoo.

You can see the difference in your hair the first time you use it. Hair that's been turned to straw by too much sun or bleaching is suddenly soft and silky again. Dull, dry hair becomes full of body and shine. And the more your hair needs repair the better you can see and feel how well Hair Repair Lotion works.



It's salon-tested and proven: its unique protein-rich placenta formula doesn't just condition, it actually works to repair externally damaged hair—restoring its healthy pH and beauty.

Put it to the test after your next shampoo. Just apply it and leave it on—to go on working till your next shampoo.

Use it after every shampoo. The more often you use it, the more it does for your hair.

alon, Ogilvie does at home with...

new Ogilvie Hair Repair Conditioner.



This one actually works to protect your hair.

Now you can protect your hair from the things you do every day to make it beautiful.

After shampooing, apply Ogilvie Hair Repair Conditioner. It's the finishing treatment that instantly restores your hair to its normal pH.

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And its unique combination of conditioning ingredients add body and reduce fly-away.

The results: silkier, lovelier hair with added sheen and built-in protection from blow drying, combing, brushing—even wet combing.



And because you don't rinse out the conditioner, the protection lasts.

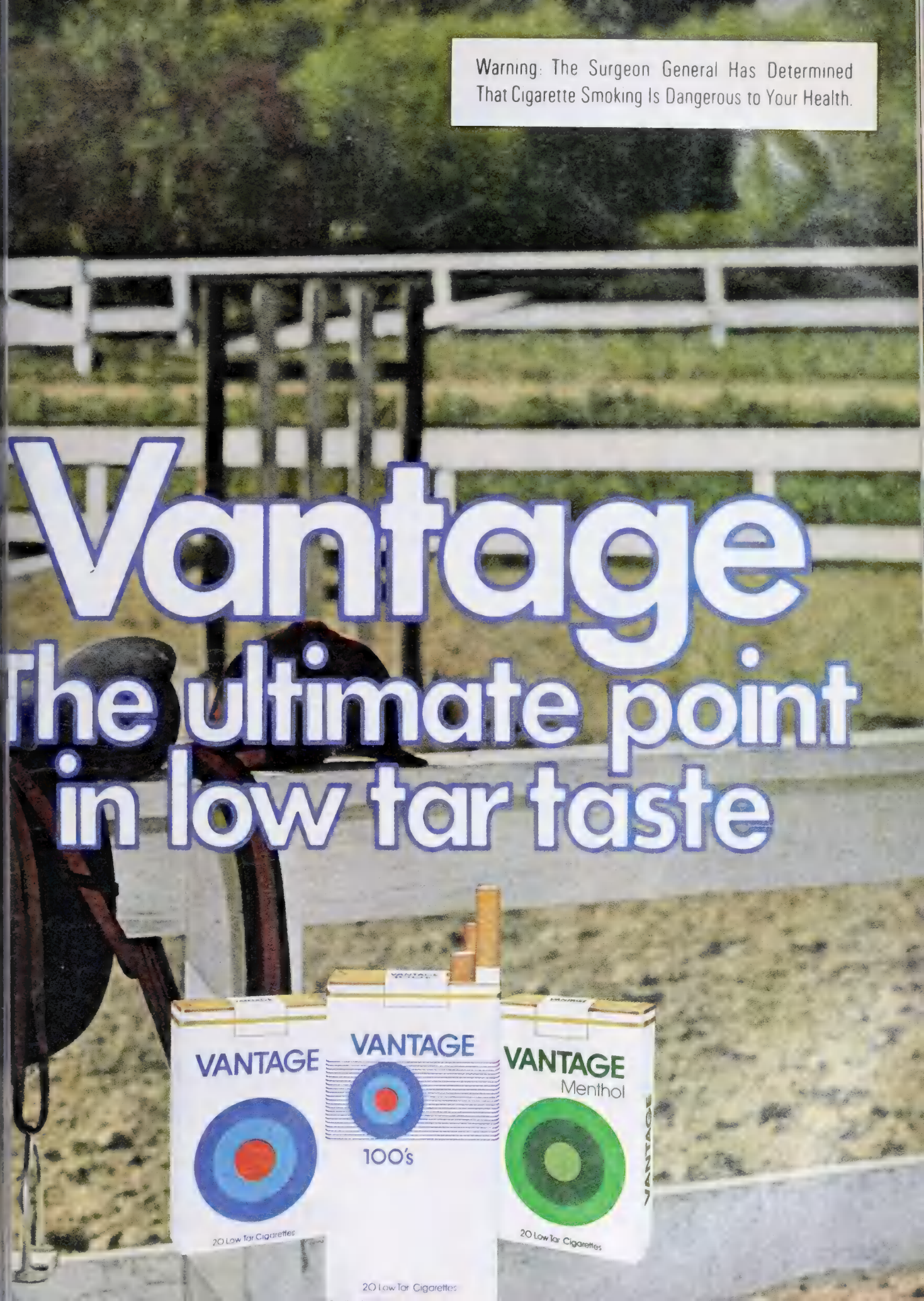
But it does more. It not only helps your hair to feel beautiful, it helps it to look beautiful—by holding a set or style.

If you shampoo daily, use it daily. It's so light, you never have to worry about oily build-up.

So now before you do the things to make your hair beautiful, do the one thing to help it stay beautiful: protect it with Ogilvie Hair Repair Conditioner.



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Can This Marriage Be Saved?

Sarah showed her love for Jim in every way—except the one way he really wanted. Can a husband and wife stay close when she won't let him near her?

By Lois Duncan

"I Can't Stand to Have My Husband Touch Me"

This case is based on information from the files of the Family Services Association of San Antonio, Inc., a private, nonprofit agency in San Antonio, Texas. The agency is a member of the United Way. The true story reported here is drawn from counselors' reports of interviews. Names and other details have been changed to conceal identities. The counselor this month was Susan Hebert, MSW, ACSW.

SARAH'S TURN

"I can't stand to have my husband make love to me," said Sarah, 22, a small, brown-haired woman with a round, childlike face and worried eyes. "Jim tries to be patient, but I know he's miserable. Who can blame him? One day he's going to get so fed up he'll leave. I can't bear the thought of that and, still, I go into a panic and jerk away from him every time he touches me.

"The ironic part is that I love Jim with all my heart. We've been married two years, and he's everything I could ever want in a husband—warm, kind, honest, gentle; yet very masculine. I've never been able to figure out how I came to rate such a man, and now here I am, shoving him away from me. How can I act like this? Something must be terribly wrong with me!

"I don't want a marriage like my parents'. I was conceived on their wedding night, and they ended the sexual part of their relationship a short time later. My father was forty-six when I was born, and my mother was eighteen years his junior. This was Dad's first marriage and my mother's second; she had a small son, Tom, whom my father adopted. Mom was—and is—a magnetic, sensual woman, and a sexless marriage must have been a great trial for her. I remember as a child asking if I'd ever have a baby brother or sister. There was bitterness in her voice when she told me, 'Not unless a miracle happens.' When I was older she explained that my father found lovemaking distasteful.

"I'm sure in his way Dad loves Mom, for he gives her anything she wants. Mom, for her part, has provided him with a peaceful, unpressured life. Whenever there were problems in raising Tom and me, it was our mother who took care of them. While I never saw my parents demonstrate physical affection, they took great pains to spare each other's feelings.

"My teen years weren't particularly happy ones. I had a bad case of acne, tended toward overweight and never felt attractive. I was shy and withdrawn, and my social life came through my more outgoing half brother. Our home was a gathering place for his friends, and Mom was an adored den mother. She and Tom included me in whatever the group was doing.

"I became sexually active early. Maybe it was my own special sort of rebellion. I went with two boys during my high school years. Both were much older than I, and both were disasters. The first and only man I ever truly loved was Jim. The moment I saw him everything in my life clicked into place. It was as though our love had been preordained. Jim was newly discharged from the Navy, grieving over his mother's recent death, and in need of someone to care for him. He came to our house as most people did, as a friend of my brother's. He looked at me with those gentle eyes of his and smiled, and I knew right then that I was never going to feel lonely again.

"I was nineteen to Jim's twenty-three, and one year into college. My parents wanted us to wait until I graduated to marry, but we were too much in love.

"Jim and I married with stars in our eyes and a belief that the future would take care of itself as long as we could be together. We decided we wanted a rural life, away from the pressures of society. Mom had inherited some property out in the country and gave us six acres. We bought a portable storage shed to camp in, twelve feet by twenty-four feet, and set out to build a real home. For financing we had the five thousand dollars Jim had saved in the Navy.

"That money has lasted us almost two full years, which should tell you something about the way we have been living. This whole time, Jim has been working on our dream house. He's hauled in rock from the river bank, mixed concrete under the blazing summer sun, pulled lumber out of salvage yards and found carved French doors in a garbage dump.

"During the first months I tried to participate, but soon I began to realize I was more of a handicap than a helpmate. I'm not a carpenter, and the hard physical work is more than I can handle. I lived through the house construction vicariously, listening as he described every nail he'd driven. And, in bed at night, he read me to sleep from his builder's handbook.

"Jim is so good and works so hard. He deserves a warm, responsive wife. Why can't I be one? We enjoyed a good sexual relationship during our courtship days, but from our honeymoon on it's been downhill. At first I chalked up the change to the fact that the novelty had worn off, and I put on a pretense of responding for Jim's sake. That's no longer possible. Now, the mere thought of lovemaking fills me with revulsion. When I do force myself to attempt it, I tighten up inside and am in agony.

"I don't know what has happened to me. If I can't do something about myself fast, I'm going to lose the person I love most in the world."

JIM'S TURN

I don't know what I've done to ruin things between Sarah and me," began 26-year-old Jim, a tall *(continued)*

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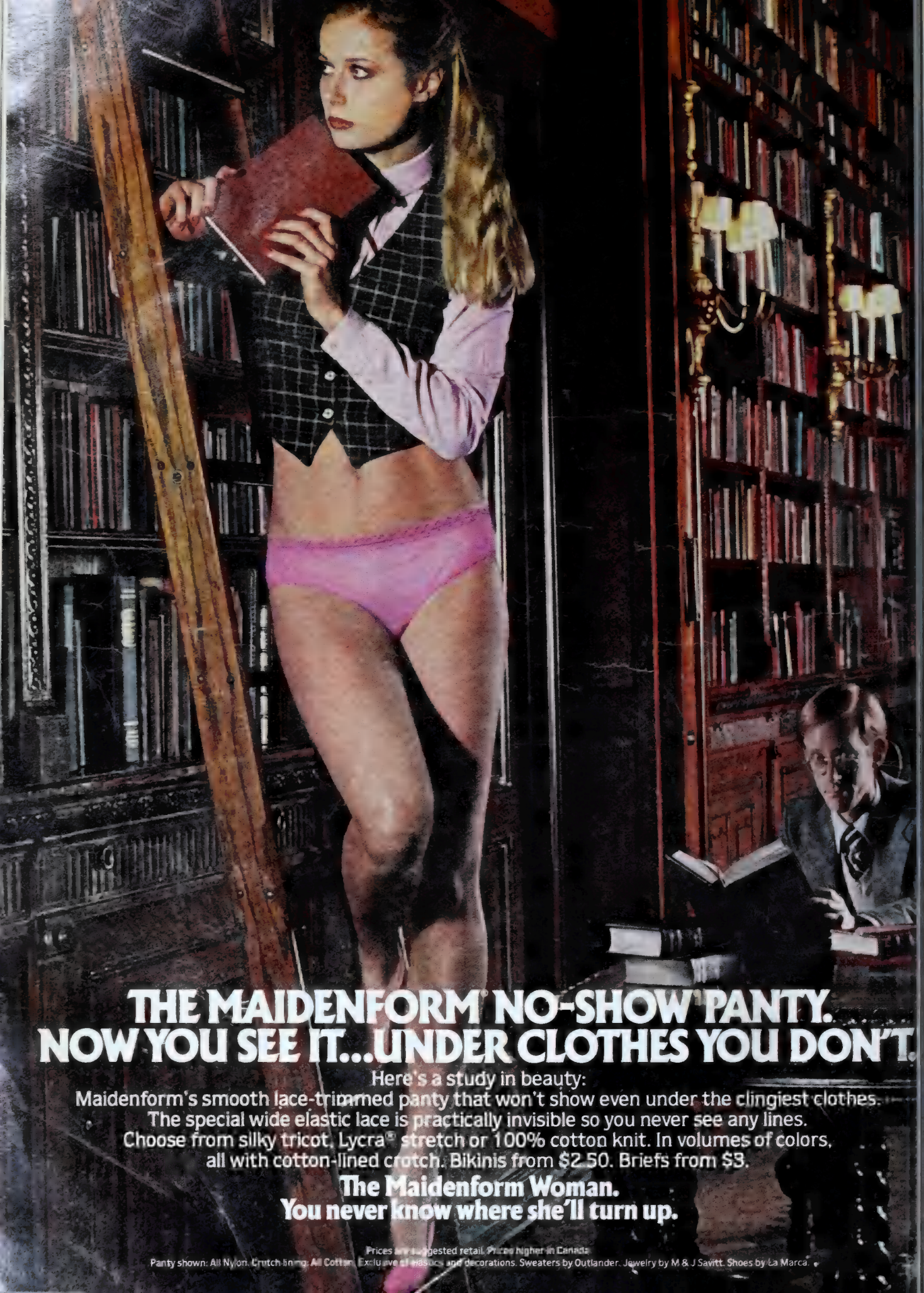
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Can This Marriage Be Saved?

continued

soft-spoken man with hurt in his voice. "Whatever it was, I'd like to redeem myself. There isn't anything I wouldn't do for Sarah if she asked me, but she keeps insisting there's nothing to discuss.

"Maybe this is to be the story of my life, failing the people who depend on me. That's what I did to my mother. Mama was a high-strung woman who in her later years became an alcoholic. She used to holler and rave at my easygoing, fun-loving father, accusing him of all sorts of things, until I was ready to throttle her. I'd come straight home from school, and try to keep her calmed down as well as give her some company. I was scared that one day she'd just take off on us.

"During my senior year Mama had a stroke, which left her partially paralyzed. I couldn't take it any longer. Immediately after graduation, I joined the Navy. While I was overseas, Mama had a second stroke and went into a coma. I rushed home, but not in time. Soon after her death I discovered that everything she had accused my father of was true. He had been sleeping around for years and had a full-time mistress. As soon as the funeral was over he married her.

"I think back now and wonder how I could have been so blind to Mama's suffering. What I should have done was get her away from my father before the pressures in her life became too much for her.

"The one thing that got me through the trauma of Mama's death was meeting and falling in love with Sarah. I'd dated little in high school—how could I when I had to be home with Mama every evening?—and to fall into a relationship as wonderful as this one seemed like a miracle. Maybe I shouldn't have proposed. I didn't know what I was going to do with my life. But I did know I wanted Sarah to share it.

"Moving out to the country, building a home together and being free of outside pressures seemed like heaven to me, and Sarah said she felt the same way. I'd never done much with my hands before. The only thing I'd ever built from scratch was a doghouse. The challenge of trying to build a house from the foundation up seemed staggering at first, but the more I've gotten into it, the more excited I've become and I've discovered I have abilities I never knew about. It would be nice if Sarah wanted to work alongside me, as we had originally planned, but she doesn't have to. It's enough to have her close by, giving me emotional support.

"We don't have much money, but so what? Our needs are few; we've got a place to sleep, enough food to eat and each other. At least, I thought we had each other until Sarah began turning off to me. It happened gradually. In the beginning she used to be as eager to make love as I was. Then she began to be 'too tired' and 'not in the right mood.' Now she's cringing before I can even put my arms around her. I feel like some sort of monster, inflicting torture upon this poor, quivering creature who can't stand for me to touch her but keeps insisting that she loves me.

"It's obvious that Sarah wants more than I'm able to give her. I want her to be happy. If I can't make her that way, she should find someone who can."



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THE COUNSELOR'S TURN

"Sarah and Jim entered counseling for their sexual maladjustment," said the counselor. "Soon, however, it became apparent that this was a symptom of an even more serious and potentially destructive problem. Jim and Sarah were not able to let go and trust each other enough to share their feelings. Each was so terrified of losing the other that neither would risk expressing emotional demands.

"The fear of abandonment was a lifetime nightmare for both of them. Jim had spent his childhood and teen years trying to protect himself from this by appeasing his unhappy mother. When he released his grip on her by joining the service, his worst fear was realized. She did desert him—by dying. He then discovered that his father had emotionally abandoned both of them many years before.

"Sarah, for her part, had been raised in a home in which the woman's primary duty had been defined as protecting her husband from inconvenience and conflict. The message Sarah received was, 'Keep everything smooth and peaceful, or you will drive your man away.' By the time she married Jim, she had made the unconscious decision never to ask for anything. But she resented the fact that Jim did not adequately provide for her emotional needs. Small irritations piled one on top of another until the inevitable explosion occurred—silently, within Sarah herself—surfacing in the marriage bed.

"My first step in counseling this couple was to help them establish open communication about their inner feelings. One of the exercises we used to accomplish this was to have them hold hands, look into each other's eyes, and express their devotion. 'I love you,' each told the other. 'No matter what you reveal to me, I will not leave you. Whatever our problems are, I want to work them through with you and stay with you and remain married to you.' As they became more secure about the permanence of their relationship, it became easier for them to articulate what was bothering them.

"Sarah, in particular, was dissatisfied with the way their life was going. As a bride she had been enchanted by the romantic picture of roughing it in the wilderness, but two years of loneliness and boredom had taken their toll.

"'I want us to develop a *(continued)*

Can This Marriage Be Saved?

continued

social life—eat dinner in a restaurant, go to an occasional movie—spend some time together doing something other than housebuilding,' she told Jim in a burst of vehemence.

"'Well, sure,' he said obligingly. 'Why haven't you ever said so?'

"Even Sarah had to laugh as she realized the absurdity of having expected him to read her mind.

"As Jim and Sarah became more comfortable with each other on other levels, we were able to tackle their sexual difficulties. Sarah's parents' marriage had provided the backdrop for her own distorted feelings about sex within marriage. With her mother as a role model, she held the subconscious view that a responsive, sensual woman was a threat to her husband. This feeling had become so ingrained that logic could not dispel it. Jim too had developed some warped views about what constituted 'good sex.' Neither understood that physical affection doesn't always have to end in intercourse.

"During counseling the couple was invited to experiment with other ways of enjoying sexual intimacy. They were guided through a series of exercises originated by Masters and Johnson to reduce the fears about sexual performance that couples commonly experience. While their progress was not always smooth, Jim's and Sarah's deep affection united them in their efforts to make the sexual part of their relationship successful.

"After nineteen sessions, eleven taken together and eight individually, Sarah and Jim reported that they were feeling much more secure about the stability of their overall relationship and very pleased with their sexual growth. At the point at which they decided to discontinue counseling, Sarah had just discovered that she was pregnant.

"Today Jim and Sarah are parents of a nine-month-old daughter, Kathy. Their house is completed, and Jim now works for a construction firm, where he can use his new skills.

"Sarah, too, has enlarged her world, via baby Kathy. She has become involved with several young mothers' groups and delights in the knowledge that she is 'finally doing a job well.' Her good feelings about herself feed into her marriage, and she and Jim both feel that while there is still work to do on their relationship, they are headed toward a happy future." **End**

Get fiber into more foods your family will like.
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Bran Muffins

1 1/4 cups all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
1 1/4 cups milk
1 1/2 cups KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal
1 egg
1/3 cup shortening or vegetable oil

Stir together flour, baking powder, salt and sugar. Set aside. Stir together cereal and milk. Let stand about 2 minutes.

Add egg and shortening. Beat well. Add flour mixture, stirring only until combined. Fill 12 greased 2 1/2-inch muffin-pan cups. Bake at 400° F. about 25 minutes or until golden brown. Serve warm. YIELD: 12 muffins.

Variations: In place of the All-Bran cereal, use 2 cups KELLOGG'S® 40% BRAN FLAKES cereal. Or use 2 cups KELLOGG'S® CRACKLIN' BRAN® cereal and decrease milk to 1 cup.

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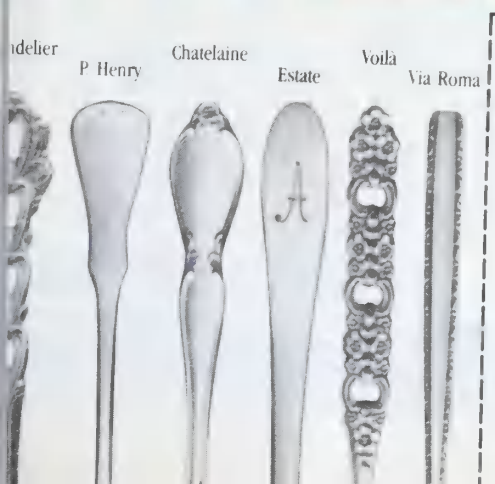
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Beauty Journal

For crisp October—a brisk look at hairspray (it's back!), plus a handy save-a-lipstick trick.

SPRAY IT AGAIN (SAM!

Throughout history, women have curled their hair (using anything from bones to linen strips)—then stood hopelessly by as the cherished waves fizzled and flopped. In the wake of World War II, however, Rosie the Riveter learned that if you spritz on shellac, you can hold your hair in place. Aerosol hairspray had arrived with its lacquered look and sticky feel. Although some men balked at the unyielding touch, women were pleased at being on to something useful. And thanks to hairspray, the Beehive and the Bubble were invented. Then in the '70s came a backlash: The natural look strolled in and hairspray was sent to the back of the shelf. Time has passed and today, women are taking a second look, evaluating its strong points. No, hairspray can't replace a good haircut, but it can enhance a cut, add body, combat climate and aid this season's more "set" styles. The new sprays are softer, non-sticky and the aerosols themselves are environmentally safe. Here, some tips of interest: ● Use as setting lotion with rollers. Set lasts! ● Spray on hairbrush, brush. Defrizzes curly hair (especially good in damp weather). ● For added volume. Hold up section of hair with a comb, spray as hair falls, forming layers. ● Short ends popping out of chignon or braids? Spray, then tuck back into place with an old (but clean) toothbrush. ● For a "sculptured" look when hair is up, spray on hand, slick palm over head. ● Want masses of curls? Spray on ends of dry hair, roll up on sponge rollers. Boing-g-g! ● Good for blunt cuts as a polisher, finisher. It will keep down any strands left standing on end by hair dryer. ● On dry or color-treated hair, a whiff of spray will add shine, reflect more light. ● Both fine and oily hair need more spray to hold in place; dry hair, less spray.

YOUR MONEY'S WORTH

How frustrating it is to pick out a new lipstick, plunk down your dollars and have the wonderful splurge of color snap off at the base after 3 or 4 wearings. First of all, in the future, prevent this by never rolling lipstick more than halfway out of the tube. But, back to the mess. Here's an easy remedy: start by spreading paper on a working surface. Then, take a handy tool (knife, letter opener) and hollow out tube cylinder. Leave just enough lipstick inside to melt. Flame with a match (lighters, candles, too strong), holding tube upside down (illustrated top). Next, quickly melt broken end of piece (center). Finally, with both ends still hot, join by pressing long piece into tube's cylinder (bottom), let set a minute, rotate down. Clean any excess with a tissue. Pop your new lipstick into the fridge for an hour or so—and start smiling again.



NEW TO TRY

Everything you need for an October beautyfest . . . to boost your well-being. ● Think of how fragile a hair strand is . . . and how you torture it (blow-drying, perms, etc.). Treat with moisturizing conditioner: Enhance from Johnson Wax, 8 oz., $1.59. ● Painting a ceiling? Sailing on rough seas? Raking leaves? You may end up with pains or strains that need attention. Easy with a flexible long pad (6" x 20"). Gillette Deluxe Heat Wrap/Cold Wrap, around $20. ● Who says tagalongs can't be fun? When you pick out a new nail polish (such as Raindrop Red), you get—lipstick to match. Quencher Nail Glaze and trial-size Lip Quencher by Miller-Morton, $1.60. ● Nothing's more glaring than growing-in roots on growing-out hair color. In a pinch, touch up (like mascara wand) with washable Color-Quick by Essenjé, in six shades, from blond to black, $6.50. ● Face facts: Every day from dawn to dusk, you're exposed to the sun's harmful rays. Protect skin with sunscreening moisturizer. Paba Plus by Dep, 2 oz., $3.50.

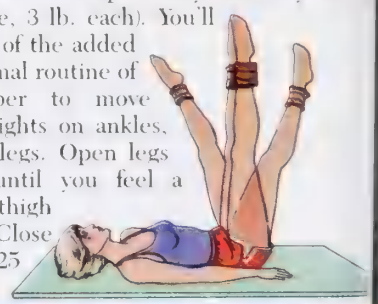
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EXERCISE OF THE MONTH

Q. *My legs are in great shape, except in one certain area—my inner thighs, starting at the knees, need to be firmed up. Can you suggest any exercise that hones in on this specific part of my legs?—B.G., Doylestown, Pa.*

A. To get inner thighs into shape really fast, try using weights (the strap-on type, 3 lb. each). You'll get quick results because of the added resistance, even with normal routine of exercises. Just remember to move slowly, smoothly. Put weights on ankles, lie on back on floor, lift legs. Open legs (parallel to shoulders) until you feel a "pulling" in your inner thigh muscles (as illustrated). Close together and repeat 25 times.





Border by Julia Noonan. Illustrations by Thea Kliros



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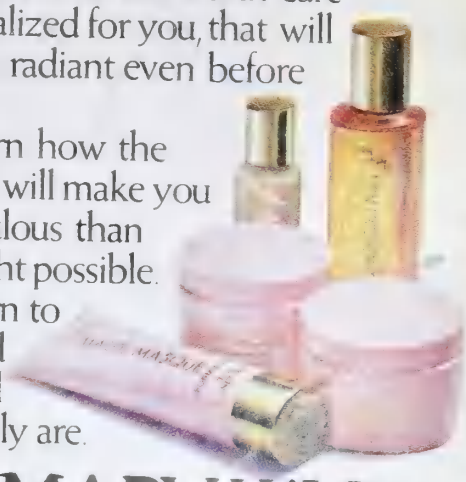
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Sterling Silver

Memories, and family treasures, are sometimes more valuable than money. A warm and nostalgic short story by Mary Elmblad.



My grandmother died last month. She was almost 90, but she was well and active until she had a stroke and died, just like that.

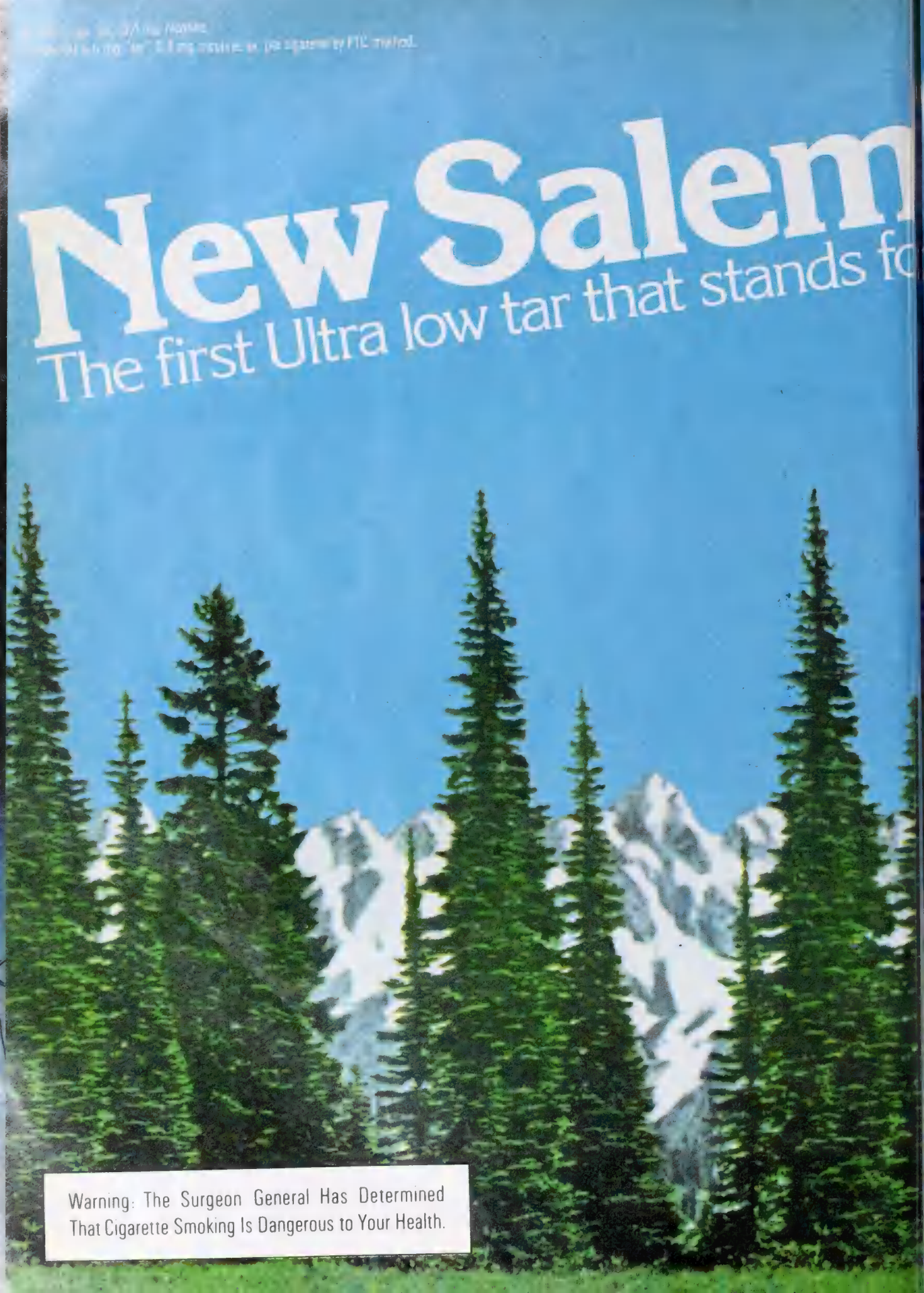
Her name was Althea. She left her sterling silver to me.

Grandmother's silver chest was open on our coffee table and my brother Bill was counting out the pieces. "Twelve place settings with seven pieces each, that's eighty-four pieces, not counting the serving spoons and all that." He hefted a dinner fork. "And the weight! Listen, Althea, if you sell this stuff you'll get a

(continued on page 35)

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MAKING WINDOWS BEAUTIFUL SINCE 1907

Sterling Silver

continued from page 31

bundle to put in your grad school fund. Maybe you can even quit waitressing."

Yes, my name is Althea, too, and yes, I work as a waitress and save every cent I can spare for graduate school. I intend to be a professor of history.

We are not a moneyed family. My father got a late start both in marrying and his insurance business because of his army service in World War II and Korea. He insisted on putting Bill and me through college, but then we were on our own. That was all right. We knew how to work. Bill had a construction job every summer and with that and his expertise at scrounging student loans, he was within two years of an engineering degree. And my graduate school account was rising slowly but surely. I had it all figured out. After six more months of waiting tables I could start the long haul toward a doctorate. I would have to work part-time, but that was okay. I would make it. I wanted it enough to make it.

My father put down his newspaper. "Bill's right, Althea. I talked to Carl Nelson at the jewelry store today. He had a pretty good idea of what the silver is worth." He named a figure that made Bill whistle with surprise.

I looked down at the gleaming silver on the coffee table. A first-class ticket to graduate school. My shoulders sagged with relief. It was only then, when I saw that I could give up my job, that I could admit how much it took out of me. There would be no more heavy trays and demanding customers. No more nights being too bone-tired even to soak my feet.

My father looked over at my mother. "Don't you think she should sell it?"

My mother was sewing a button on one of Dad's shirts. She snipped the thread and then she looked up at me over her glasses and smiled. "Althea will have to decide that."

It was my grandmother who first gave me an interest in history. She was a great reader, but history was her favorite. The way she put it was, "I like to keep in mind when a thing happened." She was born in East Texas, she told me once, "Twenty-five years to the day after Appomattox." Then I had to know all about Appomattox, and before I knew it I had heard a brief history of what my grandmother called "The War Between the States," right down to General Lee's surrender at Appomattox Court House. I liked going to my grandmother's house.

What I liked best was polishing her sterling silver. I remember one Saturday when I was—what? Ten? Eleven?

"Grandmother," I said, "I forget. What does sterling mean?"

"Pure silver, missy. Well, almost pure. Look it up in the dictionary there."

I had to wrestle with the alphabet for a minute, but I found the definition and read it out. "'Sterling silver: an alloy of 92.5 percent silver with copper or another metal.'"

Grandmother explained "alloy" and said, "That's pretty pure, isn't it?"

"Wait, there's another meaning, just for the word 'sterling.' It means, 'of highest quality.'"

Grandmother set the wooden silver chest on the drainboard with a smug little bang. "Of highest quality. Yes. Now, missy, if we're going to get this silver polished—"

Our preparations verged on the sacramental. A bib apron for Grandmother and for me a dish towel with two corners tied at the back of my neck. Two dishpans full of water, one warm and soapy and the other hot and clear. The fat little jar of silver cream. The laying out of clean soft rags and, finally, the ceremonious opening of the silver chest as if to the sound of a trumpet fanfare.

Grandmother unwrapped the first of the purple anti-tarnish cloth bundles and I took a dinner fork and rubbed it with gray polish. That was the best part, watching the pasty rag turn black and letting the sharp smell of the tarnish tickle my nose. "Now, wash it in the soapy water, Althea. Get it good and clean." Then she dipped the fork into the hot water, dried it and held it up to the light.

"This fork, child, is the first piece of sterling I ever owned. The very first."

I already knew the background. She and my grandfather were married just after World War I, when he came home with gas-damaged lungs and enough cash to buy a partnership in the local feed store. He also brought home one sterling silver fork, for my grandmother.

"Missy, that fork was the prettiest thing I had seen in all my born days." She raised it and the light twinkled on the decorated handle. "The Climbing Rose pattern. Yes. We had a little place outside town, you know, with a garden patch and chickens, and I saved up my egg money to buy another fork. I swear, your grandpa and I could eat fatback and turnip greens with those silver forks and think it was the finest meal on earth!"

She took out a teaspoon. "Now, this was one of the pieces your grandpa brought me on the day your daddy was born. He was a proud man that day."

Could she really tell one dinner fork from the others? Did each teaspoon have its own characteristics? Grandmother liked to think it did. So did I.

Grandmother dried the last teaspoon and turned it in her hand. "And this spoon was in the setting he brought to the hospital when our James was born."

"My Uncle Jim?"

"Yes, missy, though you never saw him. Your Uncle Jim."

"Grandmother? Can we do the salad forks now?"

"Oh, I know which one you like!" She took a fork from the purple bundle. "Well, I went to town that day—"

"With your egg money in a handkerchief!"

Grandmother laughed. "That's right, with my egg money tied up in a white handkerchief. I went into Mr. Porter's jewelry store and the screeching and hollering that was going on! It had just come on the radio that Lindbergh had flown his little airplane clear across the ocean and was landed safely in France! Missy, to this day I don't eat a bite of salad that I don't think of Lucky Lindy!"

She picked up another salad fork. "But the radio news was bad when I bought this one, awful bad. It was the week the stock market crashed. October, it was, of nineteen and twenty-nine."

"And then the Depression came, didn't it? What was it like, Grandmother?" I can still remember the surge of curiosity I felt. Even then, I suppose, it was the avid yearning for details, for specifics, that makes me want to be a historian.

"Missy, there were weeks when a dollar bill never came within spitting distance of our place. The feed store closed, but we had our garden and we traded off work for what we couldn't grow. Folks would call your grandpa to help with training a horse, say, and pay him off with a poke of meal or a side of bacon. And I could sew a fine seam in those days." She held up her gnarled, slightly palsied hands and looked at them proudly, as if she saw them still as they had been in her youth, white and slim and deft. "A fine seam. But they were hard times, child, hard times. Every day men would come wandering down our road on their way from no place to no place, with no work for their hands and no food for their bellies. Some folks called them tramps and kept a loaded shotgun behind the kitchen door, but we'd help them with what little we could spare. Most of them were good men, just down on their luck. You'll learn about it in school, child."

I did learn about it in history classes, about economic causes and social disruption, but it was from my grandmother that I learned what Depression meant. It meant long gray lines of homeless, hopeless men. And Grandpa trudging home at dusk, bone-tired, with a sack—no, with a poke of cornmeal slung over his shoulder. And Grandmother stitching her fine seam in the yellow light of a coal-oil lamp.

"Why didn't you sell your silver, Grandmother?"

"Oh, child, nobody had money for silver. Once I was going to try to trade it for shoes for the boys, but your grandpa wouldn't have it. 'Even grits taste mighty fine,' he said, 'when you eat them with a sterling silver spoon.'"

Grandmother unwrapped

(continued)



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Sterling Silver

continued

a long bundle. "Your own daddy gave me this carving set on the day he went up to Dallas to enlist. The day after Pearl Harbor. He was saving money for college, but he brought me this set and he said, 'Now, Mama, you keep it polished, you hear? Keep it polished till I come home from the war.' And I did. When he went to Korea, too. I polished it till your grandpa said I'd wear the Climbing Rose off!"

There was another bundle, of a different shape. Sometimes Grandmother would let me help polish the cake server and sometimes she would not. My Uncle Jim had sent it to her just before he shipped out to the South Pacific, to Guadalcanal. No matter how much she polished it, he did not come back.

Twelve place settings of sterling silver. I can remember when new pieces were added. In our family no one ever had to ask what Grandmother wanted for Christmas or her birthday or Mother's Day.

When I was 15 or 16, I finally asked her why. "Grandmother, you and Grandpa weren't rich people. Why did you want all that silver?"

She was startled, I remember, and for a moment she looked disappointed, as if she had misjudged my character. Then she smiled at me. "Why, missy, I reckon I just like to set a pretty table."

When our family gathered for festive meals we gathered at my grandmother's pretty table. I remember a Thanksgiving dinner when my grandfather sat at the head of the table. He asked the blessing and then he raised the Climbing Rose carving set and sliced the turkey with the proud skill of a man working with first-class tools. My grandmother, as always, had to make a minute adjustment in the position of the cranberry dish and to give one teaspoon a quick buff on her apron before she would take her place. The dishes were nothing fancy and the glasses did not match, but that did not bother us. We ate our turkey with sterling silver forks. We were honored guests at the feast, all of us, old and young.

My grandfather died when I was 12. When Christmas came my father asked the blessing and used the Climbing Rose carving set. It was the year my third cousin Bobby graduated from the high chair to two phone books and a dictionary on a dining room chair.

My grandmother took up each piece of silver and told its story, that day when I was ten or maybe 11, just as another woman might take up a pressed flower or a faded photograph. And as she talked I began to understand something about our family. We have produced no famous people, but it is our family and the others like it that make up the fabric of America. Our story is one small thread, but it is woven into the rich tapestry of history.

"Now, you gave me this butter knife, missy, do you remember? It was for my birthday in nineteen and sixty-four."

I remembered. I was seven years old. I saved my allowance and the dimes I was paid for talking to the neighbor's baby when he was in a bad mood, and then my mother took me downtown and I proudly purchased one butter knife.

"And the cocktail forks and these soup spoons came from—"

I knew. They were the pieces my parents gave her on her seventy-fifth birthday. The pieces that completed the set.

"Merciful heavens!" my grandmother said. "I've talked the morning away! Now child, tell me about your school. Has that new teacher suggested any good books for us to read?"

We ate our lunch with sterling silver forks and then we talked on and on until my mother came to take me home.

"It would be for a good purpose," my father said.

"What? Sorry, Dad. I didn't hear you."

"You would be selling the silver for a good purpose—to pay your tuition."

"Yes. That's true." I touched the silver fork my grandfather brought home from World War I. I picked up the butter knife I gave to my grandmother when I was seven years old. "I'm just not sure."

My brother laughed. "You're not thinking about keeping it! You want to slinging hash for six more months?"

"Six months isn't all that long," I said.

"You could always sell it if you got in a bind," my father said.

"I guess I could."

But I guess I won't. I think a time will come when I will show my daughter the salad fork my grandmother bought with her egg money on the day Lucky Lindy landed in France. And when I have a granddaughter of my own (do you suppose that they might name her "Althea"?) I will tell her about the cake server my Uncle Jim sent to Grandmother before he sailed away to Guadalcanal.

You can't sell history, can you?

I straightened my shoulders. I felt strong, suddenly, and sure of purpose. "I'm going to keep the silver."

My father looked pleased. "I'll take care of the insurance for you."

"Thanks, Dad. That means I can keep it and polish it now and again. I don't want to forget which piece is which."

"That's why you want to keep it?" Bill asked. "So you can polish the stuff?"

"No, I'll use it, too. I'm like Grandmother. I like to set a pretty table." I looked at my mother. "Thanksgiving and Christmas dinners, right?"

"Of course," she said comfortably.

"Besides," I said, "I want something to leave my granddaughter." End

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Robert Redford
A Lesson in Love

He is the fantasy romance of millions—yet he has been married to the same woman for 23 years. Here, in perhaps his most intimate interview, he talks about love and passion, fidelity and family. By Diane de Dubovay.

Meeting Robert Redford for the first time, I can't help wondering if, in person, the movie-star good looks will disappoint or whether the good guy, place-in-the-sun image he projects will match up with the private person. But in his tight-fitting blue jeans, open-necked, body-contoured shirt and plain leather cowboy boots, Redford, six-feet tall, slim to the point of surprise, is remarkably handsome. Youthful and fit, with the lean, hard, weather-beaten body of a man used to sports and the outdoors, he seems like an older contemporary to his own kids. Yet his hands look old, gnarled from the sun. And he makes no attempt at hiding the gray creeping into the sideburns of his strawberry blond hair.

With the fame, money, good looks and glamorous legend surrounding him, one wonders how—or if—Redford has kept from being conceited. When asked, the actor's expression is one of bemused incredulity. "My kids have a little song they sing," he confesses. "It goes, 'R . . . R . . . Superstar. Who the hell do you think you are?'" He chuckles at the put-down. "They sing that ditty whenever I snap my fingers for a taxi or march into the house and say, 'Okay, everybody, follow me. Conceited! The humor in our family is savage."

Face to face, the Redford ego is minimal. But he knows who he is. He is conscious of his power and, as he puts it, "the name." At 43, Redford has starred in 22 motion pictures, five Broadway plays and several television productions. And now he is parlaying "the name" into producing and directing his own films. *Ordinary People*, Redford's debut as a film director (starring Donald Sutherland and Mary Tyler Moore, in an unusually bitchy, rather unflattering role) will be released this month.

What sets Redford apart is something happening inside—a certain presence, an aura of magnetism and vitality and the unmistakable message he sends off that here is a man who has fought hard to be in charge of his own life.

Still, as one journalist put it, one doesn't paint one's toenails in anticipation of meeting Redford. When an attractive woman who is not his wife comes into his orbit, instead of flirting, Redford tends to behave with a kind of schoolboy awkwardness, found in many men of middle years who married at an early age. One senses that Redford is comfortable only within the trusted circle of his wife and children, the wilderness or solitude. He is truly shy. The guard seldom drops. He is wary. He can be funny, candid; he can exude an engaging, boyish charm. But even when he *tries* to be close, there is distance.

Redford asks to meet me twice before agreeing to the interview, probing with questions like: "Where were you born? What does your father do?" I get the impression he is testing me. And *(continued)*



Actor-director, environmentalist, committed husband and father, the multi-faceted Redford still finds time to enjoy simple day-to-day activities.











Robert Redford

continued

each time we meet, Redford, chronically late, keeps me waiting an average of one hour—nonchalantly throwing my schedule into chaos. When he finally does arrive, he breezes in with an offhand comment about "the traffic . . ." but there is no apology. Curious, I ask him the reason for his lateness. He regards the question as trivial—the implication being that he feels he should be permitted to arrive whenever he pleases. "I'm a little selfish," he finally allows, dismissing the subject. "I'd have to be to do a lot of the things I've done."

Redford limits the interview to a discussion of *Ordinary People*. Yet since the film, based on the novel by Judith Guest, deals with the fragile, twisted skein of personal relationships and the erosion of family life, he has restricted himself to a discussion of the very intimacies he had hoped to avoid. There is no way of talking about the film without talking about his personal life.

Redford's desire for privacy is authentic. Entering his mid-Manhattan office, tucked into a skyscraper overlooking St. Patrick's Cathedral, there is no name on the door, no listing on the downstairs lobby directory, nothing to indicate that Robert Redford works here. He is protected by a phalanx of secretaries and press agents. In the small, unpretentious room—a comfortable retreat decorated in muted earth tones spiced with Indian artwork—one whole wall dominates with photographs of his wife Lola and the kids. The entire family is pictured horseback riding, on camping trips, and there are tender, outdoor close-ups of Lola—hair blowing and smiling in the wind. (On the wall behind his desk hangs a framed letter from Jimmy Carter, congratulating him on his work in protecting the environment. Redford's devotion to the promotion of solar energy and conservation of natural resources verges on religious fervor.)

Possibly the most important key to understanding Robert Redford is Lola. In marrying Lola, Redford found a woman with whom he could create his own private world. Someone who could be an understanding friend, lover, wife, playmate, mother of his children—and perhaps, most important, an anchor of reality and stability in the superficial, insecure world of moviemaking, which Redford had decided would be the focus of his professional life.

The Redfords have been married for 23 years—remarkable by any standards, but particularly so in the fickle, flashy world of show business, where a man of lesser character might easily be seduced by the adoring cornucopia of beautiful women with whom his work constantly throws him into contact. (The Redfords have three children—Shauna, 19, a dance major at University of Colorado, Jamie, 18, who has just graduated from New York City's posh Dalton School and nine-year-old Amy—a blond, apple-cheeked miniature of Lola—also at the Dalton School).

Marrying Lola represented a complete break with Redford's past and his roots. The star is not close to his divorced parents or his stepbrother—all of whom live in California. By his own admission, he is "not good at maintaining old friendships." Redford has said, "I had a childhood where I felt that I was not understood by anybody. And in my adolescence, I didn't feel that I was liked very much or that I deserved the good things that were happening to me. I don't see anybody from my childhood. That's gone. Nothing carried forward." Even today, Redford has few friends. Paul Newman is one of them—they met while making *Butch Cassidy and the Sundance Kid*.

Shuttlers

The Redfords moved to New York almost immediately after their marriage. Today, they shuttle among a comfortable Fifth Avenue apartment overlooking Central Park; a getaway, solar-energy dream house in Utah, which Redford designed and built himself; a Utah ranch and a rented house in Malibu Beach, where Redford reluctantly stays when his work takes him to California.

Of Los Angeles, Redford says, "It suffocates me. I am personally unhappy there. Like the motion picture business, it's a town that is constantly changing because it's so trend-oriented. It's transient . . . like a two-year lease on life. I don't think it's a rotten town. I think Denver is just as bad. The air is unforgivable there. But I've chosen to live somewhere else. I have no connection with Los Angeles."

Lola Redford looks every day of her 43 years . . . just as Redford looks every day of his 43 years. It's just that in our youth-oriented culture, many of us think that 43 looks better on a man that it does on a woman. Both the Redfords have lines around their eyes and a sprinkling of gray hair. Lola Redford is a vibrant, natural, down-to-earth woman, who wears no makeup and looks pretty without it.

Celebrity-watchers would probably have an easier time picturing Redford with someone who looks like his daughter, Shauna. Yet next to Lola's full-blown confidence and womanliness, Shauna seems awkward . . . incomplete.

Explaining that she has recently gone back to school with the aim of earning her bachelor's degree in social psychology, Lola wisecracks, "Three of us are in college now—and I'm the only one who hasn't asked for a car!" "And I'm the itinerant worker," Redford adds, quietly slipping into the room and gently caressing Lola's hair and shoulder. Instinctively, Lola responds by putting her arm around her husband and massaging his lower back. The affection between the Redfords is enviable yet unobtrusive—a private, familiar signal.

Later, when we are alone, I ask Redford what were the reasons for getting married . . . why *he* married Lola. "She was solid," he says. "We enjoyed doing the same things. She was attractive. We excited one another, there was passion, there was curiosity. She was solid. There was the promise of growth, individually and together. We had a similar view of life. There was something we could give each other that the other didn't have. She was solid." "That's a lot of 'solid,'" I remark. "Yes," Redford admits, blushing.

"It went against all odds," he continues. "We were only 21. We were too young to get married. She came from a background that was not compatible with mine. She was Mormon . . . from a different state. I was raised in California, she grew up in Utah. But we didn't pay attention to all that. We just did it because it seemed right."

Earlier, Lola had teased her husband about having supported them both in the early days of their marriage. "Yes, she did," Redford admits. "In the beginning we lived on $55 a week. Lola supported us by working in a Wall Street bank while I looked for acting jobs. Those were funny days when we lived by our wits. Lola made milk from powder and dishes we could eat all week. It wasn't easy. We lived in a five-floor walk-up. But we made do until I could start earning money. There wasn't a thought in those days about 'I'm doing this for you' or 'You're doing that for me.' It just was. And we did it because it felt right.

Never wanted to marry

"The irony is that I never wanted to get married. I didn't want kids. I didn't plan on getting married until I was 35. I couldn't imagine finding anybody who would be content to live with me . . . or that I would find someone with whom I would feel good about spending all my time. There were just too many things I wanted to do. The last thing on my mind when Lola and I met was marriage. And that's probably why it happened. Most of the serious moves in my life have come about that way—suddenly, just because it felt right."

Asked how a man in his position resists the temptation of other women, Redford's mellow mood turns defiant. "I'm not going to tell you how I deal with it," he snaps. "That's too personal. That's my business." He looks at me stonily.

Although Redford protests that he is not an expert on the subject, after 23 years of married life, I ask him what he thinks sustains a marriage. Has love, for example, changed in his relationship? Or has it remained at the same pitch of intensity? "Pretty much, yes," he replies. "I still feel passion and *(continued*

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Robert Redford

continued

excitement with Lola. But all of life moves in patterns and cycles, and I think marriages go the same way. A marriage has its dry moments and hot moments, its ups and downs. Most marriages today don't make it. I think the ones that do survive by going through these changes. As long as you're allowing something to happen within your marriage, then I think there's some chance for its survival. The secret of a good marriage is change. It's gotta move. If it stops, it's dead."

How, after years of marriage, does Redford feel a man should communicate love to a woman? "I don't think it should all happen on Mother's Day or birthdays or holidays," he says. "I'm not big on holidays that commercially exploit love. I think expressions of love happen at the least expected moment. It happens as a surprise. The surprises are what sustain relationships, too.

"But don't expect an automatic marker to go down just because you've remembered the moment and said, 'Hey, here are some flowers . . . I was thinking about you today.' And expect a point for that. That's where it gets into trouble."

What makes Redford feel loved? "The obvious is being told so," he replies. "It helps to verbalize, to reiterate, to reassure . . . because I think most of us can never get enough love. But the smaller gestures, to me, are as important as the larger ones, sometimes more important. Touch, for example. A look that says, 'I'm here,' 'I'm thinking about you.' There are ways of saying 'I appreciate you.' That's love. It doesn't need a box of chocolates."

Growing up in the pleasant suburban communities of Santa Monica and Van Nuys, California, where his father had a progression of modest jobs—with the Los Angeles Stock Exchange, delivering milk and then working for the Standard Oil Company—Redford literally had to be dragged to school.

Admittedly a poor student, even today the creative impulse is stronger in him than the intellectual one. Yet Redford is shrewd, street-wise, with a vast store of learn-as-you-go knowledge and a canny skill with money. "I feel a bit hypocritical," he said recently. "When I was acting, I couldn't earn enough. And now that I'm producing and directing, I can't pay little enough.

"I never liked school," Redford admits. "I never liked school *starting*. I always hated that first day. I loved the last day and I loved recess. That was my favorite. I saw sports as a kind of release, but later on, I became turned off because I didn't like the organization or the uniformity of team sports."

Already Redford's individualism and his instinct for the imaginative were surfacing. His creativity was smothered by the conventional atmosphere of his growing-up environment.

"My parents did right by me," Redford explains. "They made sacrifices for me, as people did in those days. They didn't have much money. But in spite of that, I felt that very often my impulses put me in a place where I didn't feel understood. I grew up in the fifties, at a time when there was a very strong set of rules for how you lived your life. There seemed to be an answer for everything then." But the 50s didn't offer rules that were meaningful to Redford, or answers that satisfied his restless curiosity or his stifled need for growth.

Redford finally dropped out of school to study art for a year in Paris. Later he attended the American Academy of Dramatic Arts in New York. He worked at a series of odd jobs to make ends meet.

"I believe in education," Redford says. "But I believe there is such a thing as too much education. There is a point when you've got to go out and start *doing* it."

Redford is plagued with a nagging ambivalence about his fame. On the one hand, he will retreat from filmmaking, hiding out in Utah for three years, as he did recently, using the time to write a book entitled *The Outlaw Trail: A Journey Through Time*, based on the notorious Old West. On the other hand, his madcap, puckish sense of humor may emerge, and he may invite attention, as he did recently in a trendy Manhattan restaurant by dropping a flower on the table in the midst of a group of up-tight women who couldn't find anything to say to one another. The room immediately "went bananas," as Redford puts it, and he was deluged by autograph seekers.

Career creates family pressure

"My career has put a lot of pressure on my family," Redford admits. "But I'm proud to say that they've withstood it pretty well—with humor and a sense of perspective. Basically, I think, because they know what a clod I am.

"They know the person who is shy and awkward in social situations. They know the person who bumps into things. Who opens the refrigerator door and says, 'Where *is* the juice?' And everyone starts laughing because they know it's right in front of me on the second shelf.

"Or I'll get after my son about cleaning up his room. And I'll say, 'I'm just curious. I need to understand what goes on in your head. How can you take a coat you care about and just drop it on the floor? I'd really like to know.' And then I'll walk into my room and see *my* coat on the floor. They see my mistakes."

How does Redford feel parents of teenagers should cope with today's morality—with permissive sex, the casual use of drugs, the rejection of traditional values? "We go through periods," Redford observes, "where, as a society, we get hedonistic. Or periods when we're sudden
off the walls, like in the Roaring Twe
ties. . . . At different times, there is a
ways some social threat to us, our ch
dren and our families. It's just a questi
of what this year's threat is. Right now i
drugs. And I suppose how a child handl
any threat depends on the degree of h
own development and maturity. Perso
ally, if a child of mine wasn't stro
enough to handle a problem like drugs,
would help him."

Suppose your daughter wanted to li
with her boyfriend, without getting ma
ried? "That's her business," Redford r
plies emphatically. "She knows my fee
ings, my wife's feelings; she has t
cumulative effect of her upbringing, h
own life experiences, plus the convictio
she has developed on her own. Sure, I
always be worried. But she'll make wha
ever moves she has to make. I feel goo
about her making the choice rather tha
my making it for her.

"I do believe that within a family the
should be a certain degree of privacy. Y
start by loving them. You allow the
privacy. And then you hope for the bes

"I believe there are certain barrie
missing today—and one of them is t
sex barrier, which, in an odd way, mak
it somehow less exciting and interesting

"Another barrier that is often missi
for today's kids is the work barrier. I
many ways, as much as the ghetto kid h
it tough, I think the kid who has ever
thing put in front of him, with all t
options in the world, has it equally
tough. Because there is no barrier
overcome, you have to create your ow
fabric. And that's tough for a young pe
son who has never experienced overco
ing any obstacles.

"That's why, unattractive as it ma
seem, as unappealing and unpopular as
makes a parent, I believe in work. Eve
when kids are young. Struggle is impo
tant. I'd like my kids to work."

Redford believes that the most impo
tant thing in a marriage or a family
"keeping the lines of communicatio
open. I think one of the reasons ki
succumb to social pressures is because w
don't talk to one another enough."

Still growing up

Redford pauses, somewhat emba
rassed. "It's hard for me to talk abo
being a parent because I've spent most
my life trying to grow up. I spent t
early part of my life fighting to *act* grow
up, or to hide the fact that I wasn't, an
finally I just gave up. The child in me is
force that is, on occasion, impossible
ignore. Sometimes the child in me can
resist obeying an impulse to go stand on
garbage can on Fifty-Second Street an
Broadway because it feels right at t
moment. Or it feels right to drop a flow
in the middle of a table at some restau
rant. That childlike part of you is one
the best things in life." *(continued*



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3 tablespoons sugar
⅛ teaspoon ground ginger
¼ cup margarine or butter, softened

* * *

1½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
¼ cup margarine or butter, softened
¾ cup sugar
1 egg
1 can (17 oz.) **CALIFORNIA APRICOT** halves, drained, reserving ½ cup syrup

1. Combine first 4 ingredients, mixing until crumbly. Set aside for topping. Stir together flour, baking powder and salt. Set aside.

2. In small mixing bowl, beat remaining margarine and sugar until well blended. Add egg. Beat well. Stir in the ½ cup apricot syrup. Add flour mixture, mixing well. Spread in greased 8 x 8 x 2-inch baking pan. Chop apricots and spoon about ¾ cup evenly over batter. Sprinkle with cereal topping and remaining apricots.

3. Bake in oven at 350° F. about 45 minutes or until cake begins to pull away from sides of pan. Serve warm.

YIELD: 9 servings

Apricot Crisp

1 can (30 oz.) **CALIFORNIA APRICOT** halves, drained, reserving 2 tablespoons syrup
1¾ cups **KELLOGG'S® RICE KRISPIES®** cereal, crushed to measure 1 cup
⅓ cup all-purpose flour
¼ teaspoon salt
½ cup firmly packed brown sugar
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
⅓ cup margarine or butter, softened

1. Cut each apricot half into 2 pieces. Combine with the 2 tablespoons apricot syrup in 1-quart casserole. Combine remaining ingredients, mixing until crumbly. Sprinkle over apricots.

2. Bake in oven at 350° F. about 30 minutes or until topping is browned. Serve warm. Top with ice cream, if desired.

YIELD: 6 servings.

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Robert Redfor

continued

Redford views his image as a sex sy bol with a mixture of amusement a contempt. He is somewhat embarras that the public sees him as a kind grown-up boy scout.

"All my life I've been dogged by guil he says, "because I feel there is t difference between the way I look, wh I suppose is good, and what I feel insi I get these black glooms. It's my Scot Irish blood. I don't sleep much. I h terrible nightmares. I wake up scared the middle of the night. Even in daytime, a lot of things scare me. scares me to see someone sitting alone a restaurant. Maybe that sense of iso tion of another individual reminds that I too could be isolated."

Contradictions in life

Candid about the fact that he is not least bit religious, I ask him what it that gives him a sense of inspiration a spiritual nourishment. "I try to set example of what I believe in by the wa live," he explains. "But there are cont dictions. I believe in not polluting the or spoiling the peacefulness of the mo tains with unnecessary noise . . . and I ride motorcycles."

Redford finds release in music, read and art. Cassette tapes of Vivaldi a Bach and stacks of art books are alw close at hand. "It was only recently tha started buying paintings," he adm "Before that, my ego was too large allow anything not by me on my wa Now I buy Indian art." He doesn't wa TV and he rarely goes to his own mov because he hates to see himself on screen. He rides a horse as if he had be born in the saddle. And although didn't take up skiing until he was 33, quickly became so expert at the sport t he was able to do all his own work *Downhill Racer*.

Redford is probably working hard now than he ever has before. What dri him, when he could easily just sit b and rest on his fame and money? Cu osity. A childlike enthusiasm. An insa ble sense of adventure. Both the R fords are committed to growth.

"I used to daydream a lot when I wa kid," Redford says, lost in a reverie recollection. "I dreamt that anything possible. When I was younger, there always the unexplored, and I felt that much was possible that I couldn't wait get out and start doing and seeing it a

"My dreams today are that there continue to be so much more ahead life that I can never reach it all."

Given the success of his dreams t far, one can't help but believe that Rob Redford's future has already be blessed.

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"When Will Daddy Be Home?"

By Nancy S. Miller

That particular August morning was typical for Charleston, South Carolina. The sky was bright and the air was heavy with heat and humidity. My husband, Jim, was the commanding officer of the USS *Leader*, one of two ships that were about to embark on a 360-day journey as part of a NATO squadron in the North Atlantic.

As the gray ships pulled away from the dock, they left hundreds of families standing on the pier. I felt proud as a band played patriotic songs and admirals saluted the departing men. To be in command was such an important step in my husband's career. But I was also hurt, angry and confused. It was the first time we would be separated for more than a few weeks at a time in our six years of marriage.

For a full year I experienced what it's like to be an independent woman, a single mother. Like thousands of military wives whose husbands' duties called them away from home, I found myself identifying with other women who are alone, who find themselves widowed, divorced or separated. The crucial difference was that my marriage was still going strong. I just had to hold on and wait for Jim's return.

Suddenly I was *everything*. Not just cook, laundress, maid, chauffeur and nurse for my two children, Michelle, five, and David, two. I was also sports director, gardener, auto mechanic, disciplinarian, bookkeeper and bill payer. These jobs used to be my husband's responsibilities. Now I had to be Mom *and* Dad.

Still I was determined not to spend this year pining away—for my children's sake as well as my own. A good friend had advised me to look after myself. "If you're upset," she said, "not having Jim there will be even harder on the kids." I decided the trick was to get all the chores done each day as soon as possible so I could have some time to myself. I planned lots of projects to fill the evening hours, such as sewing, reading and organizing photos in the family scrapbook.

Many times after tucking two clean kids into bed, I was absolutely exhausted. The only thing I could do was collapse in front of the television set and stare blankly into the flickering tube. I began to feel like a child-care robot—mechanically feeding, wiping, reminding, bathing, dressing. I just hoped they didn't notice how I acted sometimes.

I felt great satisfaction that the children were safe, healthy and happy. And running the household gradually became more routine. I was able to rest and recharge my batteries during the quiet evening hours. I even managed to accomplish the extra projects I'd set for myself. I kept busy with the church choir, Navy wives meetings and a training program to become a volunteer guide for tours of local historic homes.

We all missed Jim a lot, though. At first the children were constantly asking, "When will Daddy be home?" I bought a globe and a world map, and regularly taped his postcards to each of the 22 ports and ten countries he visited. But the children were too young to understand where he had gone. The concept of having Daddy away for a whole year was even hard for me to grasp!

To make it easier for all of us, I decided to break the period up into small pieces of time. I tried to maintain a steady

(continued)


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It's Not Easy

continued

routine for the children of meals, nursery school and naps. Then there were special events such as picnics, the circus and the county fair. Each week had some highlight, something to look forward to. We made big plans for holidays like Halloween, Christmas and Easter. We'd celebrate birthdays for Mommy, Michelle and David, and then Daddy would be home.

Before he left, Jim had tape-recorded some bedtime stories, and these were a great success with the kids. But for the most part, they had to put their relationship with Daddy on "hold." Like keeping soup on the back burner all day to simmer, my marriage was on hold, too. I had to maintain the love and sharing of our marriage through letters and once-a-month phone calls.

I learned to avoid romantic books and films so I wouldn't miss Jim so much. Every so often I went to official functions, escorted by friends. But whenever I was getting dressed up to go out, I found myself thinking, "What a waste of time!" I began to feel suspicious of single men, not really interested in their advances. I knew who the best man was!

One unique feature of Navy life is the built-in support system among the wives. After all, we're all "in the same boat." Almost all our husbands have been away for extended periods of time. So there are countless understanding and sympathetic ears to turn to. It makes me sad that women in civilian communities can't always count on this friendly support.

The usual ship deployment is six months. When I would tell a neighbor on the base that my husband was away for 12 months, the predictable response was "Good grief!" Then we'd exchange tales of woe about getting along without our husbands. After a little good-natured complaining, everyone felt better.

Fortunately we lived in government quarters on the naval base, so there were always friends around I could count on. The husbands who happened to be home served as official fix-it men. The wives and kids often got together for a pizza, the beach, concerts and other activities. If a good play or movie came along that I wanted to see, my date was another Navy wife. The support I received from those good neighbors and friends, and my faith that God would carry me through the year, kept me going.

At Christmas, my parents came to stay with the children so that I could fly to England for a two-week visit with Jim. There was so much catching up to do, and we had a great time exploring London together. On New Year's Day, we stayed up till 4 A.M. to hear the Rose Bowl game. We sat aboard the ship listening to Armed Forces Radio, drinking tea and cheering. It was snowing outside.

In early spring, Jim wrote that there was a possibility that the ship might go into drydock in Chatham, England, at Easter. He hoped he could fly home for a short visit. Whether or not he could take a leave was so uncertain that I didn't even tell the children until he called to say he was on his way. I wondered how they would react to his coming home for a short stay and then going. It almost seemed better not to stir the pot.

The scene at the airport was straight out of a movie. Michelle and David attacked his legs with hugs and kisses, and couldn't stop talking the whole three days he was with us. It was like he had never left. And thank heavens the children seemed to understand that Daddy had to go back to the ship.

For the last two months Jim was away we put a calendar on the refrigerator door and marked off the days. I did major housecleaning (anything to stay busy!) and all the ships' wives joined in making welcome-home banners. The biggest one read, "USS *Leader* Wives Say, 'Thank God It's Over!'" We tied yellow ribbons around every tree in the yard.

As that August day grew nearer, the excitement and preparations became epidemic. Then word came that the ship had been delayed for four days off the coast of Bermuda. So close and yet so far.

When the magic moment finally came there were hundreds of hot, happy people gathered on the Charleston pier to welcome the ships. The band was playing, and flags and balloons filled the air.

My children were so excited that tears began to stream down their cheeks as the gray ships came into view downriver. Jim was really coming home. I had almost been afraid to believe it myself. I thought my heart would burst with pride and joy. Joy that our family—even stronger now—would at last be together again. And pride in what the ships, and we, had accomplished. We'd made it! **End**

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Where there's love, shouldn't there be marriage? When the time comes for a commitment, many men today get the jitters—and many women are wondering why.

By Theodore Isaac Rubin, M.D.

What Women Should Know about Men with Marriage Jitters

"Sorry," he says. "I guess I'm just not cut out for marriage. You understand, don't you, baby?"

Women are not babies, and frequently they don't understand why, time and again, so many men pull back once a relationship gets serious. When there's no real caring, these bachelors believe, there's no risk of getting hurt. If you keep it shallow, you keep it fun.

But it *isn't* much fun for either sex. When a woman encounters one of these emotional "hit-and-run" artists, she may be left devastated. And when a man goes through life without a deep commitment to another person, he gets pretty lonely; at worst, he becomes gravely depressed.

These jittery men are in conflict, torn between a profound yearning for closeness and a terror of being "hooked." Usually, however, the tension is unconscious. "It's not that I don't *want* to get married," some of them tell me. "I just have to find the right girl." And they say this even though they've been looking for years and have gone out with dozens of women. They can't face the fact that the problem may lie in their own minds.

What makes some men behave this way, and why do "commitment jitters" seem so much more common today? The problem is complex, and it's different for each individual. Let's take the societal factors first.

Sex without commitment. Because of changing attitudes (and better birth control), nowadays it's both easier and more acceptable for men to engage in sex without promising marriage.

Economic stress. Some men grow anxious about taking on the role of breadwinner for a wife and family, especially during a period of recession. Often they're afraid they won't be equal to the responsibility.

Women's changing role. Now that women are emerging so much more strongly as independent, competent individuals, some men are becoming uneasy about the competition. They see women as potential rivals, not as sources of support.

The marriage trap. While most women continue to view marriage as a positive accomplishment, for many men it represents the end of youthful fun and the beginning of a sort of enslavement. In their eyes, commitment is actually a form of surrender.

Too close for comfort

Now, what about the psychological side of the picture? Here are a few of the most common emotional causes of those marriage jitters.

Anger. It may be that a man has never really resolved his rage at the first female in his life—his mother—so he unconsciously turns against women in general. Some men act out this hostility by being unpredictable and elusive, always keeping women guessing. Others hide their feelings more sucessfully, but they're equally afraid of intimacy: It might ignite their anger.

Immaturity. Some men simply haven't grown up. They *look* like adults; but inside they feel like little boys and are terrified of emotional responsibility, often because they're still so dependent on their mothers. Some men fall in with this pattern; they don't want to betray Mama by taking a bride. Others may attempt to resist their yearnings for dependence; they're scared of being "taken over" by another person. Either way, the outcome is the same.

Detachment. In order to avoid pain, many men try not to care too much about anybody. For them, coolness equals independence and strength. Even if they do marry, they make very distant husbands. "He's here, but he's not here," a bewildered wife might say.

Perfectionism. Men who are insecure often overcompensate by presenting themselves as "princes" in search of the ideal consort. They want an ageless glamour girl—and a faithful nurse. They want a woman who's sexually skilled yet innocent, assertive yet submissive. They want the impossible.

Self-defense. Certain men are convinced that there will be too little to go around, whether it's a matter of money or emotions, so they are reluctant to share. Marriage, they believe, would just be too draining.

What will happen to these men—and the women who care about them? That depends on the severity of the problem. Some individuals have only a mild case of the jitters and can make it on their own, while others need professional help to overcome their fears. But it *is* possible for these men to learn that emotional intimacy can be a joy—if they only stop running long enough to let themselves experience it. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. His most recent book is "Reconciliations: Inner Peace in an Age of Anxiety" (The Viking Press). If you have questions you would like Dr. Rubin to answer in this column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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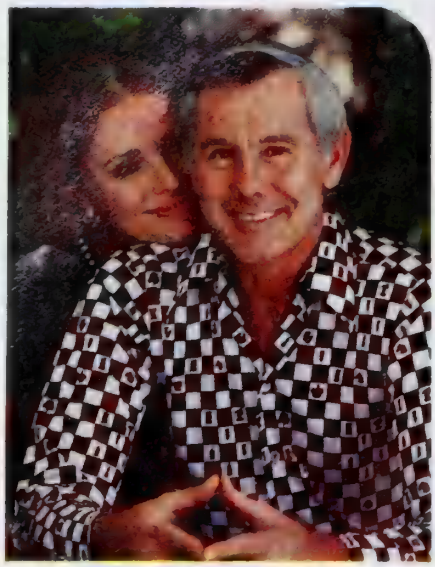


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Here's the Real Johnny Carson —A Man Few People Know



HE'S THE MOST WATCHED TELEVISION TALK SHOW HOST—BUT OFF-CAMERA HIS PRIVACY IS SO WELL GUARDED HE HAS BECOME ONE OF HOLLYWOOD'S MOST IMPENETRABLE MYSTERIES. HERE, AN INSIGHTFUL LOOK AT JOHNNY CARSON BY A MAN WHO KNEW HIM WELL.
BY CRAIG TENNIS

This month, Johnny Carson celebrates his 18th anniversary as star of The Tonight Show*—the single most lucrative entity at NBC Television. For his enormous success at keeping it this way, Carson, who earns $5 million annually, is the highest paid entertainer on the air.*

Johnny's show is predictable, cute and comforting, and his guests always seem to be funnier, more revealing, than they are on other shows. He makes us feel we're guests at an intimate party in the home of a man we know well. Ironically, however, after thousands of hours of watching him on the air, we know less about Johnny Carson than we do about most of the people we've seen him interview.

He was born October 23, 1925, in Corning, Iowa, the eldest son of a moderately successful and staunchly traditional Protestant family. His first acting experience was as a bee in a grammar school play. After college he went straight into radio broadcasting and from there to a steady progression of television shows, finally replacing Jack Paar on The Tonight Show.

Married three times, and the father of three sons (Chris, 30, Ricky, 28 and Corey, 26), Carson makes more and more money and grows more and more restless with his work each year. But because of his aversion to interviews, we've had little more than a rough sketch of his private life. Now, in this revealing portrait by a man who worked closely with Johnny Carson for eight years, the facts are fleshed out.

Everything in Johnny Carson's domain, from his marriage to the layout of his house to the setup of his show, has been engineered to meet his needs in the smoothest, most efficient way possible. When he is in Los Angeles and hosting the show, his day falls into a predictable routine. But because he's not required at the studio until 2:00 P.M., he has most of his day free. He likes to spend that time at home, and mostly alone.

Home for Johnny and his wife Joanna and her teen-aged son by another marriage, Tim, is a house on Saint Cloud Road in the exclusive hills of Bel Air. The house is distinctly contemporary, built of sheer glass panes divided at intervals by stone-and-mortar supports. It was previously owned by producer/director Mervyn LeRoy and had been on the market for months before Carson bought it. The house, too large to be affordable by anyone without an enormous income, was considered a white elephant by most Beverly Hills realtors.

It is a place that appeals to Johnny because of its seclusion, its architectural severity and the size of its grounds, which allow for a private tennis court and office cabana—the area in which Johnny spends most of his time.

He plays tennis virtually every morning with one of a group of partners that includes Steve Lawrence and Ricardo Montalban, and then retires to his office cabana where he spends the rest of the morning in solitude.

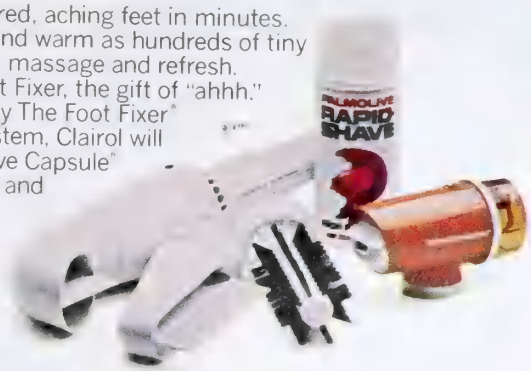
There, on a seven-foot screen, *(continued)*

HERE'S JOHNNY TODAY—FOR MORE CARSON AND THE TONIGHT SHOW, by Craig Tennis



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Johnny Carson

continued

e watches video cassettes, daytime talk hows or tapes of himself playing tennis. ncredibly disciplined in his morning reg- nen, Carson uses this time to prepare or his evening's hosting. He reads the norning papers and scours the news on V for material he can mold into jokes for is monologue.

At about 1:30, he changes, gets into his Mercedes coupe and makes the 20-min- te journey to the NBC studio in Bur- ank. Carson refuses to use a chauffeur, ot only because he despises the "big not" Hollywood image, but because of is strong sense of privacy as well. He refers that no one maintain enough roximity to be even slightly aware of the vents in his personal life.

Arriving at the studio, Carson pulls nto a parking space marked by his name nd a star painted on the asphalt, then ucks into the building to his second- oor office. This inner sanctum, measur- ng ten feet by 25 feet, has a private hower and bath. Subdued earth tones re dominant in the room's tasteful decor, nd the window above the couch is a estament to Johnny's high-powered influ- nce at NBC—it was added when he arned that the studio had built one for edd Foxx. "If Redd needs a window hen I need a window," he told the net- ork—and he had them cut through a ot of concrete to comply.

Johnny's attitude toward his dressing oom and his apparent high-handed man- er in getting what he needs from the etwork were shaped by the network ex- cutives when he first joined *The Tonight how*. Cloistered away in an airless little ubicle, Johnny asked politely if he could se the adjoining storage room as a closet nce there was none in his so-called ressing room. The network brass said, No, you'll take what we give you," and onsequently, Johnny learned how to ake demands—and how to make certain ey are met.

Once settled in his office, Carson briefs mself on the evening's guests and top- s. A voracious reader, he has almost ways read a guest-author's book. If a ontroversial issue is to be brought up on e air, he will make certain he can intel- gently defend the side he has chosen.

As on-air time creeps closer, Johnny alks backstage and begins to pace nerv- sly back and forth as he organizes his oughts. Anyone approaching him at this ne will end up wishing they hadn't. nally, Ed McMahon introduces *The onight Show* host.

This is a very stressful moment for hnny as the *Tonight* crew learned one vening when they did a spot dealing ith cardiovascular health. The spot— ore than the usual amusing demo— volved a new technique for detecting heart problems in which activity was monitored over a period of hours. Johnny was hooked up to a portable sensing unit, which he wore over his shoulder like a purse. When the tapes were analyzed the results were startling: Johnny's heart rate, which had been a very healthy 70 all day long, had risen, just prior to the monologue, to 150. In other words, Johnny had a severe case of stage fright. After going through the same routine hundreds of times, he was still extremely nervous about doing his show.

Johnny's way of coping with the pressure is organization. Nothing is left to chance, and that includes his own performance. Very few moves are fully spontaneous. He decides on a joke, works it over several times until he gets a feel for it, then underlines key words and phrases and gives them to the cue card people. The cards are leaned against a railing in front of the audience—and it appears that he's winging the monologue from scratch.

Like most performers, Johnny Carson is vain. He prides himself on his tan, his clothes, his physical condition. He is in excellent shape, and doesn't mind displaying this fact on the air. True, in the last few years he has grown more and more reluctant when it comes to doing hazardous stunts. But in the annals of *Tonight Show* history, there are a host of athletic spots involving Johnny that exist only because they appealed to his physical vanity.

Today, Johnny is heavier in the shoulders and arms, and his face is a little fuller. His hair has gone from brown to nearly white, as he predicted it would. But if his hair ever thins Johnny says he would have no qualms about wearing a toupee. "I think I owe that much to my audience," he explains.

Personal safety concern

If Johnny hasn't minded risking his life to thrill his viewing audience, he is quite concerned about his personal safety *off* the air. Not fond of being approached or gawked at by people he doesn't know, Carson despises the Hollywood bus tours that take sightseers past stars' homes. He also is concerned that when anyone can learn where he lives, the chance of being robbed or extorted is greatly increased.

A few years ago, a fan—just a regular kid—unarmed and apparently harmless, climbed over the fence around Johnny's house in an attempt to get a look at the *Tonight Show* host. Johnny chased him down and held him at gunpoint until the police came.

While this trespassing incident was harmless, Johnny has been the victim of a much more serious crime. It occurred one morning when the Carsons' new home on St. Cloud Road was being remodeled, and Johnny and Joanna went to see how the work was progressing. When they arrived at the house, a painter handed the star a pair of expensive binoculars and an empty hand grenade with a note attached that he had found on the doorstep. The note made it clear that somebody was watching Johnny and his family, that unless the writer was paid half a million dollars, one of the Carsons would be killed.

Following the extortionist's telephoned instructions, Carson made a routine looking trip to the bank, where the police had arranged for him to pick up a suitcase filled with newspapers. Then, as ordered, he headed for a nearby market and a specified phone booth. While Johnny was doing this, the police wired the phone booth. They also stationed men on the roof of the market with rifles and had detectives guarding both Joanna and Tim.

The phone rang as Johnny had been told it would. He hung up, got into his car and started for the drop-off point. It was then that things started to go wrong.

As Johnny drove off, a fan, who just happened to be in the market at the time, spotted him and decided to follow him to see where he was going.

The police radios crackled with reports that Johnny was now being followed by a "red sports car occupied by male and female Caucasians."

As Johnny dropped off the suitcase, a man stepped out of concealment and picked up the bag. Almost immediately the police came pouring out from every door and window and grabbed the extortionist in mid-flight. At the same time, the fan and his girlfriend in the sports car pulled up. As the fan got out of the car to ask Johnny for his autograph, he too was jumped by plainclothesmen. Convinced her boyfriend was being attacked, the girl tried to drive away to get help. In her panic, she drove into a police car, demolishing it. The whole incident resembled a bad *Starsky and Hutch* episode.

The set of *The Tonight Show* is Carson's territory—and guests never forget that. Anyone who enters does so only with his approval and, once there, is subject to his rule. After all, Johnny can make guests look great—or destroy them with an arched eyebrow. Whatever the predicament, he always makes sure he gets the last laugh.

To appear on *The Tonight Show*, guests must fit Johnny's definition of the word, "entertaining." Regular staff meetings are held to determine what Johnny considers "entertaining" that week, and an official list of celebrites who are deemed "no-longer-entertaining" is handed out.

Johnny's prerequisites leave the show's talent coordinators with the difficult task of finding guests with the right blend of qualities. Ironically, those guests who actually boast the biggest names are rarely considered interesting by Carson's staff. For example, Clint Eastwood, who is one of the biggest box office attractions in the business, is considered too reserved and too quiet to be suitable "personality" entertainment.

(continued)



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Johnny Carson

continued

On the other hand, Raquel Welch, much to the crew's delight, was a great surprise. Not only did she look beautiful, but she was candid and made an excellent guest on the show.

Though Johnny is at ease with the attractive young women he interviews on the show, he has an uncontrollable tendency to compete with young male guests. When he notices that one of them seems to be really appealing to the audience, he will immediately get restless. At first, he'll be polite and appreciative, but in no time he'll begin looking for flaws so that he can play them up. If that fails, he simply withdraws from the interview and waits for the guest to get himself in a hole.

The only exception to this pattern seems to be the relationship he's built over the years with Burt Reynolds. There's an almost mystical chemistry between these two men and when they're on the show together, it's like watching two superb athletes paired together.

But even Johnny Carson lacks complete control over his environment. Big-name guests have egos and idiosyncrasies of their own that have to be contended with. And at times this can cause problems on the show.

Although Johnny hates confrontations, he does have a quick temper and is not quick to forgive and forget. In 1975, Barbra Streisand was booked to appear on the show. She even promised she would sing, something she rarely agrees to. But on the afternoon of her scheduled appearance, her representative called to cancel her appearance.

Gets revenge

Johnny thought this was unbelievably rude and remained angry throughout the night's taping. But the following evening he managed to get his revenge. He had Madlyn Rhue, an actress and a friend of his who is well known for her Streisand imitation, appear on the show. She oozed onstage wearing a typical Streisand dress, an outrageous Streisand hairdo and enough nose putty to make her impersonation obvious. After the laughter subsided she began to sing, but almost as she started, Johnny interrupted her and said, "I'm sorry, we're running out of time. Now get lost, Barbra." That may have been childish, but it assuaged his anger.

Relaxing before a performance is common practice for many performers. But at *The Tonight Show* the backstage bar has been closed since the night Marlon Brando, who was to make a rare appearance on the show, had a few too many drinks to "loosen up" before the performance. When Johnny introduced the actor with greater fanfare than usual, the curtains opened and out came one of the greatest actors of our time, stumbl across the stage—drunk on champa The following night the bar was closed

When you first meet Johnny, he se warm and gregarious, but that's on surface impression. If you pursue his of warmth much further, you're boun run into a barrier. Carson has always a problem deciding who his friends a he is never sure who likes him and just wants to use him.

Johnny will call his interpersonal tude "guarded" or "private" but the t is, the *Tonight Show* host is shy basically uncomfortable with o human beings; he squirms under c personal contact.

Working for Johnny in any capacity be unsettling. His manner as a boss been described as clinical, fanatical al performance, even tyrannical. He perfectionist whose staff must strain t their best at all times.

The barrier that exists between Joh Carson and other people extends to family. The relationships he has with three sons from his first marriage, even the relationship he has with present wife, Joanna, are not openly mate ones.

Joanna Carson is an extremely at tive woman. She is tall and slender ways well-tanned, well-tailored and t oughly poised.

Joanna was once asked what sor things bother her husband. "Oh, pretty normal in that respect—he about the mortgage, things like that."

A thousand little fears

But Johnny's character and habits p to a thousand little fears. After all, th a man who sleeps with a baby pill who, in fact, won't travel without it. worries about opening in Las Vegas a hiatus. He worries about not being best at what he does. He worries a *The Tonight Show* and about when best time will be to leave it. He wan quit at the top, but he also knows the show has done for him, and the no telling what is on the other sid retirement.

Does a man with Johnny's drive ambition think of death with a sens fear? His wife says no, Johnny's alr planned for that.

"There won't be a funeral," she Instead, Johnny would like to be cre ed, have his ashes scattered over Pacific, and stage an event at Cha Restaurant for those who knew him.

"You know what happened on Joanna said. "We were sitting in Cha and looking at the menu. I said joki 'Inflation seems to have really hit prices in this place. I think you're g to have to put some more money in death party fund.' Johnny hesitated minute, nodded thoughtfully and "You know, you're right. I'd better care of that tomorrow."



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YOU NEEDN'T SACRIFICE COMFORT TO SAVE DOLLARS

Every time you flick on a light switch, take a hot shower or press the gas pedal of your car, you are making energy decisions. If you act only on impulse, these decisions can be quite costly. But fortunately, yesterday's bleak forecasts about the energy crisis have produced many new options. Today, using energy wisely doesn't have to be painful at all. In fact, it's surprisingly easy. Here, a compendium of information that will help you slash your energy bills, make informed decisions and plan for your future energy needs.

Survive in Style

Don't let doomsday warnings about the energy crisis rob you of the good things in life. It's still possible to live comfortably *and* slash your fuel bills.

With all the doom-and-gloom warnings about the energy crisis, it's sometimes difficult to see how we can enhance the beauty, style and grace of our lives as well as slash our fuel bills. But, take heart. It can be done.

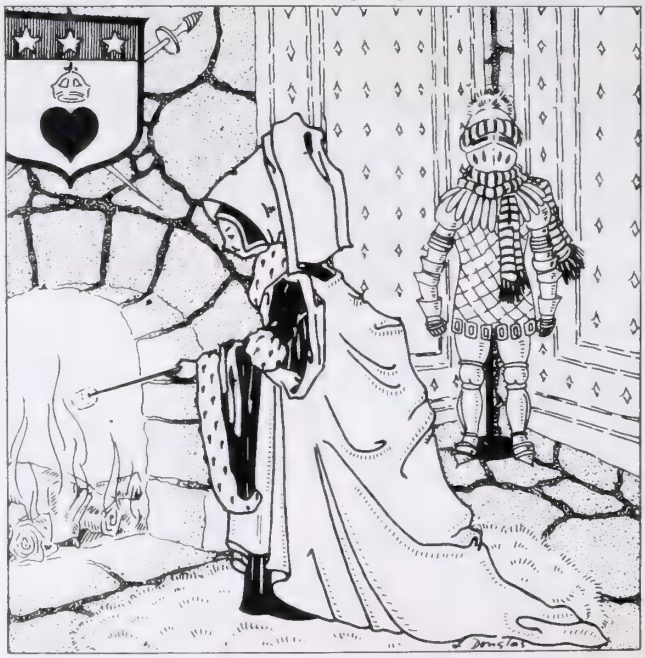
By now, you've probably tackled the major energy-saving problems: You've invested in insulation, lowered your thermostats, cut back on driving and so on. It's time to concentrate on the smaller, less obvious energy savers.

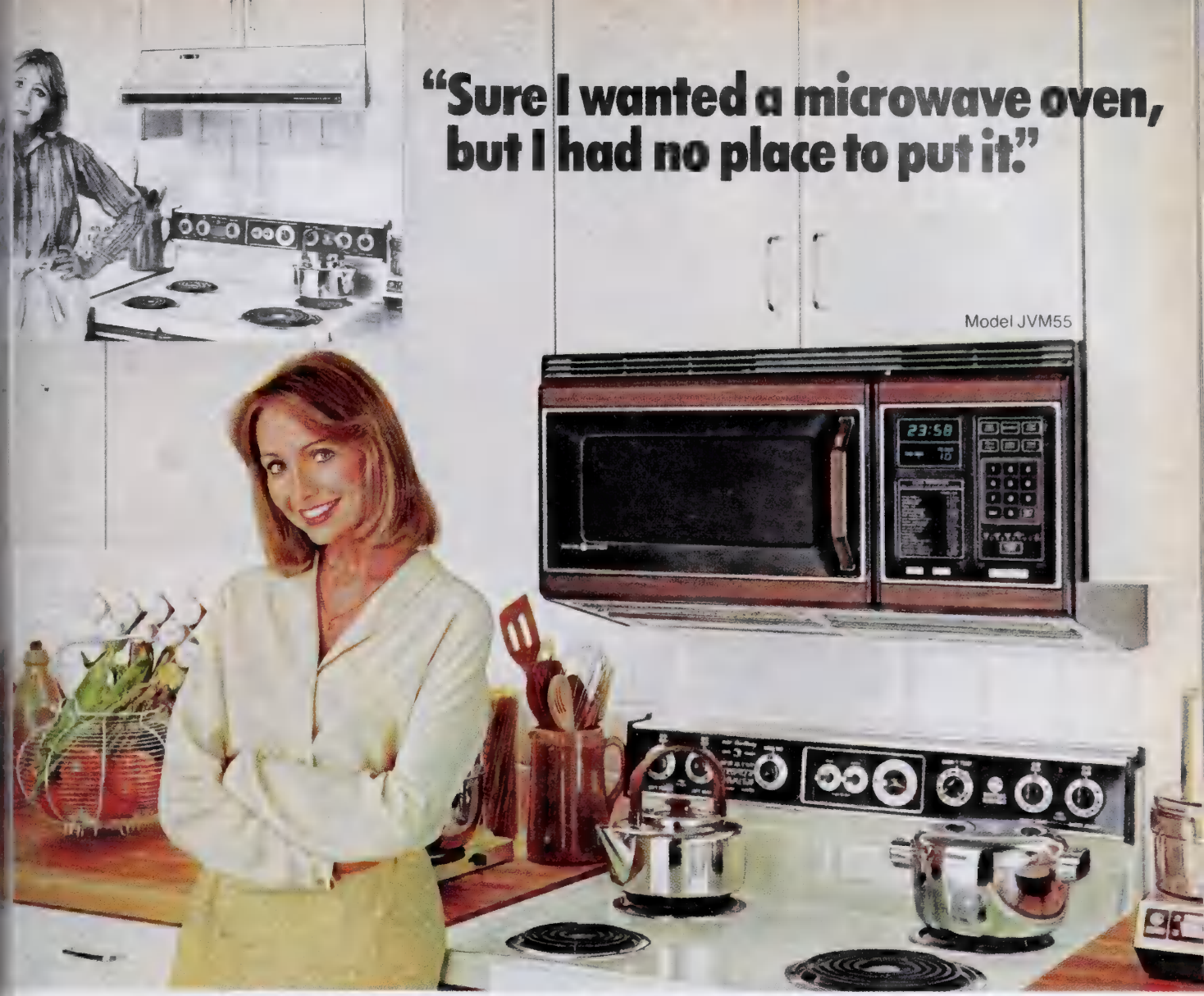
LIGHTING. Lighting is more than just something to read by—it can be a key element in decorating a home. The right light can give a room a special ambience—it can set a mood (soft lighting is restful, more flattering), or define a space.

When it comes to lighting, less is often more—an important point to remember because lighting costs comprise about one dollar out of every five dollars of your electric bill. Experts agree that most tasks don't require as much light as we think they do. (The best reading light, for instance, is from a single 100-watt bulb shining from a lamp over your left shoulder.)

What's the best way to get your own special glow? Make light use task-oriented. For instance, the kitchen is usually the most over-lighted room in the house. Although you might need bright flourescent lighting to cut vegetables or wash dishes by, you don't need it to warm the coffee. Consider using just the stove light, or a small counter-top fixture for less precise tasks.

The bathroom is another light-grabber. *(continued)*



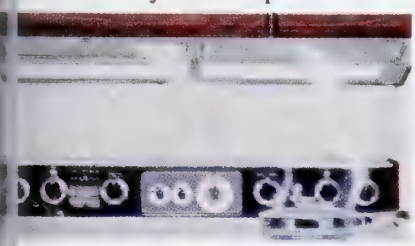


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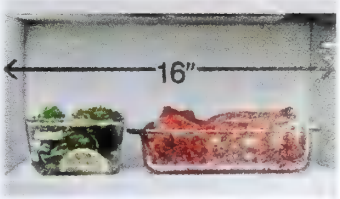
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SURVIVE IN STYLE
continued

Why not bathe or shower in the soothing glow of the mirror light (put in a lower-watt bulb), and save the ceiling light for applying makeup?

Is your living or dining room ablaze with track or ceiling lights? Mellow the atmosphere by using only one or two strategically angled lights that bounce off walls or mirrors. (Grandma knew that a mirrored sconce behind a light fixture, or mirrors behind floor or table lamps, significantly increase the amount of light.) Other gracious touches: small table lamps scattered throughout the room.

WINDOWS. When the sun's out, let it shine in. But because windows are a major source of heat or air-conditioning loss, consider storm windows and double glazing. Better yet—lined draperies. If it's not possible to line yours, hang a separate sheet of Milium or other insulating material right behind them. Another inexpensive option: insulated blinds. If you put a wooden valance around the window so the blinds hug the glass, they'll hold in even more heat. Exotic alternatives: folding wooden shutters, Oriental shoji screens, even handmade country quilts. (Suspend the quilts like tapestries on the cold outside walls, or on a long rod above a window so they can be pulled shut like draperies.)

If you rent your home or apartment, you may be reluctant to invest in expensive window treatments. One solution: Put clear plastic over the windows, stapling tightly so

MISTRESS CAT

By Barbara Kunz Loots

Cat, I think, can any creature be
As dull as you, with your unmended ways—
Until, turning, I meet your amber gaze,
And eyes of intellect look back at me.
Yours is the genius to be wild and free,
Knowing a lore beyond your little days;
Shrewd of affection, unfettered of praise.
Yours is the wisdom of tranquillity.
Forgive me, cat. Let me learn more from you:
How to lie down in peace; to stretch; to climb
From plainness into pleasure. Oh, arouse
Your curious spirit in my heart—and through
Your discipline I shall be taught, in time,
Who is the brilliant mistress of this house.

it doesn't ripple, and hang plants in front. Or, have rigid Plexiglass cut to size and install it yourself. (Plexiglass *is* more expensive—about two dollars a square foot—but it's a dead-ringer for glass, and with luck, you'll be able to use it in your next apartment.)

FIREPLACES. Unfortunately, most fireplaces generate little heat and roaring fires waste fuel. But you don't have to sacrifice the luxury of a crackling fire if you use your hearth wisely:

- Opt for the fireplace instead of the furnace on chilly spring and fall evenings. The brightness of the flames will warm your toes *and* your spirits.
- Come winter, save fires for special evenings—when your family gathers, or when you're entertaining.
- If you're having a party, turn down the furnace just before guests arrive. People will generate enough body heat to keep the room comfortable.
- Build a small fire that won't burn past, say, midnight. Otherwise, you'll be forced to leave the damper open all night, which will cool the house. Can't time it right? Have a solid metal shield made to cover the fireplace opening, and put it in place before you retire.

CLOTHING. With thermostats stuck at 68° F, think layers. Bulky sweaters may be warm, but they're also cumbersome if you're working in an office or around the house. Instead, layer on a camisole, a cotton T-shirt and a long-sleeved shirt—pretty. Yet you can peel off layers when you warm up. Or, take your cue from outdoor enthusiasts: Lightweight ski underwear keeps you toasty and flexible. For winter entertaining, forsake your bare party dress for an elegant long, wool or velvet skirt topped with a long-sleeved jersey or silk blouse. (Natural fibers are warmer than synthetics.) Still chilly? Grab a shawl or hand-knit afghan. When you warm up, toss it over an armchair or the back of your sofa for an old-fashioned country look.

BEDROOMS. The Swiss know how to keep warm on cold nights: They snuggle under goose-down comforters or "duvets"—fluffy quilts buttoned over with sheets. (If goose-down is too expensive, try the new fiber-filled kind.) Layers of thinly woven wool blankets also do the trick. Scatter rugs across cold bare floors, add flounced curtains over your window shades and then just curl up for a cozy night's sleep.

CHILDREN. They're never too young to conserve energy. Back up what they learn in school by practicing energy-saving at home. Make a game of it: To prove that showers use less water than baths, close the drain while children shower and let them observe how little water fills the tub. Remind them to turn off the lights as they leave a room and to wash their hands in cold rather than hot water.

APPLIANCES. Heat-producing appliances are big energy consumers. Yet we often use them simply through force of habit. Consider: The toaster oven requires less energy than your stove and is perfect for reheating leftovers, cooking side dishes, defrosting frozen foods. Hanging a few sheets and towels on the clothes line takes only a few minutes, but saves dryer time. Or, turn the dishwasher off after the rinse cycle. Let dishes air-dry.

But, remember, don't be penny-wise and pound-foolish. Some energy luxuries are worth keeping: outdoor lights that allow you to enter and leave your home safely, indoor lights or an occasional radio left on while you're away to discourage burglars or a night light to reassure children in the night. These are small prices to pay for peace of mind. **End**

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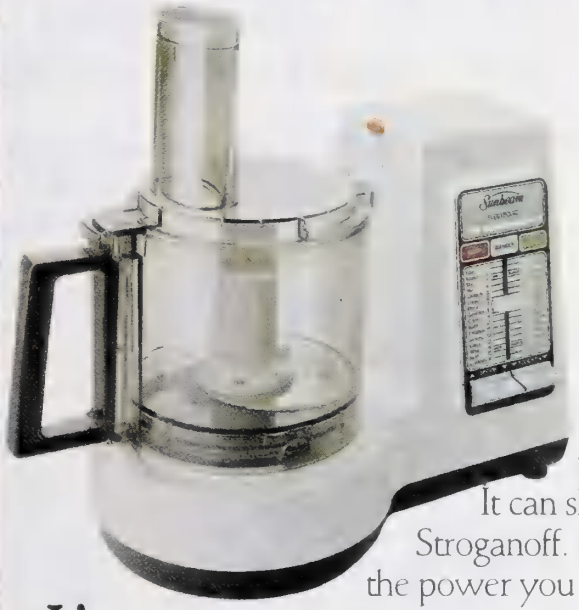
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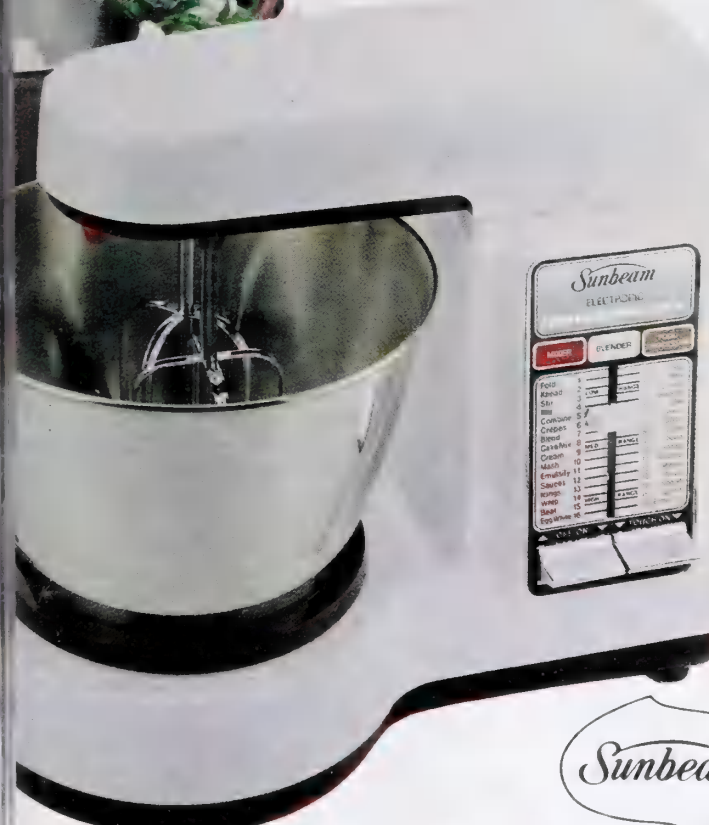
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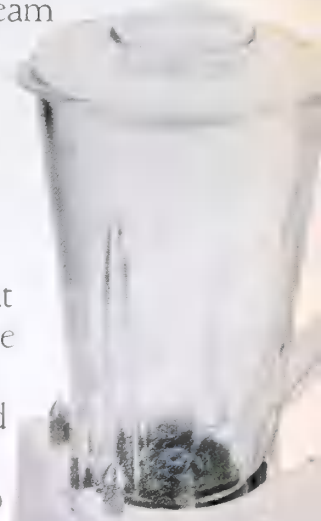
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Javanese Chicken Curry starts with San Francisco's Rice·A·Roni

In 2 Tbsp. butter or margarine lightly brown rice and vermicelli from 1 pkg. Chicken Flavor Rice-A-Roni. Stir in 2¾ cups hot water, 1 can (5 oz.) boned chicken, ½ cup raisins, contents of Chicken Flavor Packet, 1 tsp. curry powder. Cover and simmer 15 minutes. Garnish top with ½ cup each chopped peanuts and flaked coconut. Serve with chutney if desired. Serves 4.

Step One to Increase Your Energy I.Q.: Discover Your Local Utility

Here's what's new at your local utility company—from electrical service tailored to your family's needs to energy-saving free services.

Would you turn down an honest, no-strings-attached gift of $15 or $20 a month? Probably not, especially since the bills we all face seem to be doubling and tripling with breakneck speed. But you may be doing just that if you are not taking advantage of energy-saving strategies that can literally slash your electricity and fuel costs. And one of the best places to start, believe it or not, is with your utility company.

Why are bill collectors themselves (the gas and electric companies) bending over backwards to help their customers pay less? The obvious reason is that federal legislation says they must. But it is also to their advantage.

Cheaper in the long run

In the long run, it is cheaper to help consumers use the available energy more efficiently than to build new power plants, not to mention the ever-increasing price tag the utility companies must pay to produce power in the first place.

The more you put into practice the information coming your way on energy conservation and efficiency, the more dollars you'll save. One such public information project is Consolidated Edison's "Operation Thermo-Scan" in New York state, which vividly demonstrates how heat escapes from typical homes. A special plane flies over a chosen neighborhood at night and takes pictures with an infrared camera. When the film is developed, it is examined for the amount of white area that surrounds each house. The white area indicates the degree of heat loss. Then Con Ed calls a meeting for homeowners to inspect the photographs of their homes and learn how they can on their utility bills.

Generally speaking, the ut companies' energy education grams include a wide variety of brochures, a speakers network audiovisual materials and prese tions available to the public u request. Ask the Consumer Af Department of your utility comp (some companies vest these res sibilities with Customer Serv Home Service or Public Affairs details. And have you examined inserts in your monthly bill? often contain money-saving tips announcements of new prog and services.

One of the most important ene saving steps you can take—han hand with your utility company to have your home audited by energy expert. In fact, two years Congress passed legislation w requires utility companies to pro energy audits for their customers law, this nationwide program, kn as the Residential Conservation vice program, must be fully op tive by spring 1981.

But many areas have had h energy audits available for s time. Some utilities will audit home for free; others may char nominal fee, usually under $15.

By computer

The Arizona Public Servic Phoenix does their home energy dits by computer. Within mom the auditor can tell you exactly to improve your insulation, imp your appliance efficiency, in priority to make these improvem how much it will cost and how m you will save. *(contin*

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And, General Electric Rechargeables keep them going and going . . . for less. Because GE Rechargeables can save you money.

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One GE battery could outlive 100 leading alkaline batteries over a four-year period. And GE batteries can be recharged continuously for less than 10¢ per month. They're great for today's electronic products.

And now, save even more! GE will give you a $2.00 Rebate on our $3.98 (suggested retail) miniature chargers.

Just look for the GE $2.00 Rebate coupon in selected battery-operated products from Cox Hobbies, General Electric, Ideal, Lakeside Games, Mattel, Milton Bradley, Power Command Division of AHI, Schaper, Sunpack, Tiger Electronics, Tomy, Vanity Fair and Vivitar.

Look for this GE $2.00 Rebate sticker on millions of battery-operated products. Inside is the Rebate coupon. Just fill it out and send it to GE with proof of purchase of a GE miniature charger, and GE will send you $2.00.

This year, don't let the fun stop when your throwaway batteries die. Get more fun for your dollar with GE Rechargeables.

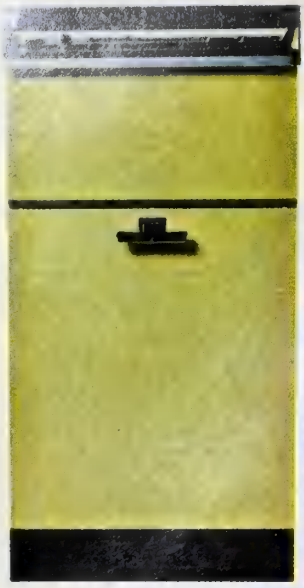
Look for the Rebate sticker and GE Rechargeables wherever these fine battery-operated products are sold.

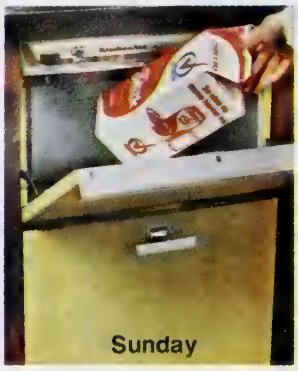


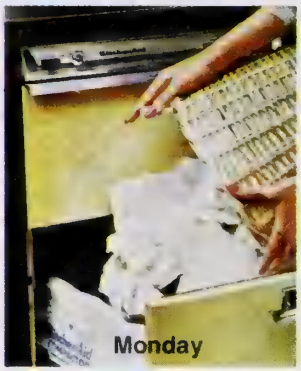
Offer included in these fine products.



The KitchenAid Trash Compactor.



















You'll wonder how you ever got along without it.

Spend a week with the KitchenAid trash compactor, and you'll wonder how you ever got along without it.

It squeezes a week's trash into one small load. Does away with overflowing wastebaskets and smelly trash cans.

The KitchenAid compactor has an exclusive Litter Bin® door on top that's super convenient for quick throwaways. And a big trash drawer down below for wastebasket loads. Its exclusive Tilt-Away basket can be used with or without trash bags. And the exclusive activated charcoal filter removes odors.

A KitchenAid trash compactor has the same kind of built-in reliability and performance as KitchenAid dishwashers. Plus convenience features that'll prove their worth many times a day. To learn more, see your KitchenAid dealer or write for our free point-by-point comparison.

We built our reputation on performance, not promises.

KitchenAid.® Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

YOUR LOCAL UTILITY
continued

The improvements your energy auditors may suggest could range from 20 cents worth of insulation around electrical sockets to more extensive changes costing several hundred dollars. But many families have found that for less than $100 worth of work they can cut back $50 a year on the utility bill—which will quickly add up to a major savings.

If you are not particularly handy around the house, your utility company will, under their RCS program, provide you with lists of licensed contractors who can do the work for you.

Incentive programs

To help further, many utility companies will finance your efforts or help you find financing to improve your home's energy-efficiency. The Portland General Electric Company in Portland, Oregon, is even insulating their customers' residences (those with all-electric heating systems) for free. This is an incentive program; if you move to a new house you'll have to pay them back in full.

Your utility company may have a similar program, or they may offer interest-free or low-interest loans to help you do the job. This could be a great advantage, especially in these days of tight credit. If you discover that certain equipment, such as a solar-assisted water heater or even a wood stove, will save you a substantial sum of money over a period of years, check with your utility company and inquire about their special financing plans.

Here are some other free and low-cost services you should know about:

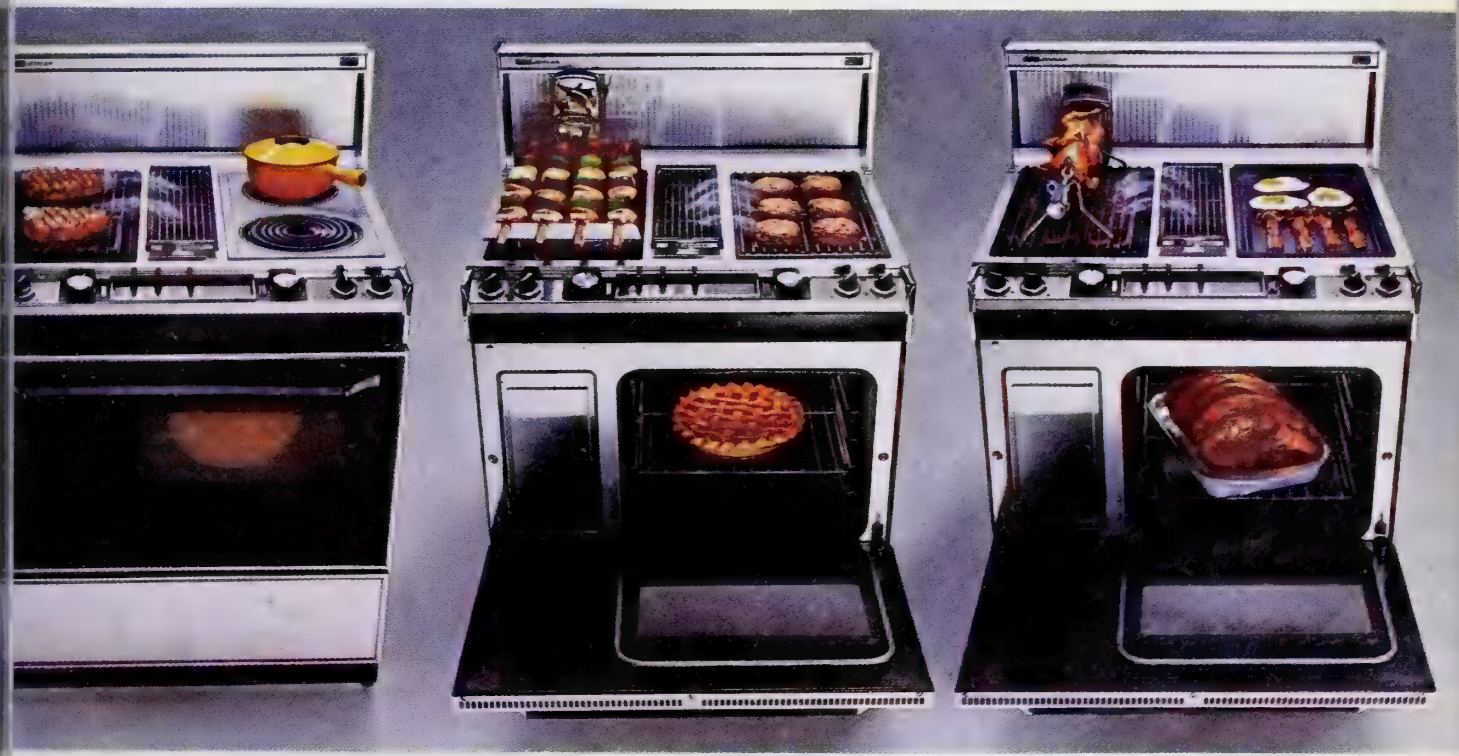
- Some utility companies are distributing energy-saving devices such as shower head flow restrictors and water heater wrappers for free. Others sell them to their customers at a low cost.
- Almost every utility company has experimental programs—many of these involve customers. One such experiment has outfitted about 20 homes with solar panels (at the utility company's expense) to study the cost and long-range benefits. If you wish to be an energy guinea pig, call the executive offices of your utility company and see if your house qualifies.
- Your utility company may offer special rates if you insulate your home to their standards *(continued)*

NO OTHER RANGE HAS AS MUCH RANGE.

No matter how accomplished a cook you are, there is one inescapable fact you must ce. If your range has its limitations, you too will have limitations.

There is, however, one way to avoid such a fate: buy a Jenn-Air.

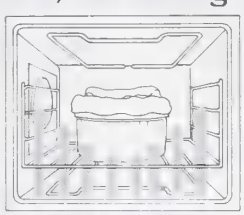
The engineers at Jenn-Air have designed such an incredibly versatile cooking system at the culinary possibilities are almost endless.



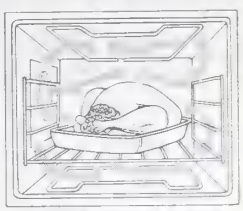
For instance, with our cooktop grill you can have all the tasty advantages of outdoor illing, indoors. (Jenn-Air invented the surface ventilation system that vents smoke and odors rect to the outside, without the need of an overhead hood.)

With the Jenn-Air Dual Use Oven, you can convert from a regular, radiant oven a convection cooker at the twist of a dial. In this mode hot, circulating air cooks the most nder and juicy meats you've ever tasted.

And up to 50% faster. (If you wish, we also offer separate microwave oven.) To allow your imagination en freer reign, we've created a mind boggling array accessories. Like a griddle, a rotisserie, a shish-kebab nd a french frier/cooker.



RADIANT MODE



CONVECTION MODE

Last, but not least, we offer all of the above in three distinct forms that will conform to most any kitchen. Free-Standing, Drop-In and Built-In.

If we've been able to whet your appetite, we suggest you call your local Jenn-Air dealer nd arrange a more thorough and satisfying demonstration. You'll find him listed in the Yellow ges. Or write to Jenn-Air, 3035 Shadeland Ave., Indianapolis, Ind, 46226.

®JENN-AIR. THE FINEST COOKING SYSTEM EVER CREATED.

980 Jenn-Air Corporation



JCPenney Sheerest Support pantihose.

Keeps you on your toes from a day's work to an evening out.

Bare enough for evening. Yet supporting you in the manner to which you are accustomed. Gently. Comfortably. All day and night. Because it's extra-silken nylon combined with very sheer Lycra® spandex for support so light only you know it's there. With control top, cotton panel and extra long-wearing toe. Only $3

At most JCPenney stores and through the JCPenney Catalog.

JCPenney

UR LOCAL UTILITY
tinued

f you use less electricity at "peak" es when the demand in your area highest. If you subscribe to an terrupted" service program, you l also qualify for a lower rate. errupted service means that the wer company may limit or stop flow to your home—possibly y to specific items, such as your ter heater—during peak hours. e interruption may only last for 10 nutes, but it will help the utility nage the peak load demand with- having a "brownout."

Customer field representatives are cially trained to come to your use and check your meter for ac- acy, inspect your furnace and rec- mend energy-saving alternatives ough increased efficiency or con- sion to another fuel. In many es, this service is free.

Budget billing

Credit and Collection departments er payment assistance plans tai- ed to special needs. To level out ctuating bills, inquire about "bud- billing" (also called levelized bill-). You make equal payments for 11 nths, based on an estimate, and n in the 12th month you receive a tch up" bill, which charges or dits you for the difference be- een your actual use and the esti- te. If your utility bills increase mendously in the summer when u're also hit with vacation costs, mmer camp bills and other season- expenses, this service may be pful.

f you have older relatives who are a fixed income, check into pay- nt plans that accommodate these cumstances with no loss of ser- e. Your utility company may be e to help you find other financial p from government agencies, h as the Federal Energy Crisis As- tance Program.

Any questions you have about ur bill can be answered by the stomer Service Department. They n also give you your bill and pay- nt history, which will help you a at deal when you want to plan for coming year.

As you can see, the number of w programs and services is grow- just about as fast as the cost of ergy. And, luckily, energy-saving bits are catching—once you start, hard to stop. **End**



Debunking the Myths

If some of the measures you've been taking to slash your energy bill seem ineffective, heed *this* advice for smart conserving.

How many of those energy-conserving theories you hear so often are worth the effort? Truth to tell, there's more fancy than fact in some of that "sage" saving advice. Here are some honest, energy-wise pointers that will help you tell the myths from the facts:

MYTH #1: UTILITY METERS ARE ALWAYS RIGHT.

Fact: Sometimes they're not. As with any piece of machinery they can malfunction or wear out. Most utility companies have regular testing or replacement schedules, but in some areas, meters are tested only every 10 and 20 years. Other factors also can affect the accuracy of a meter. For instance, if you have an outdoor meter and lightning strikes nearby, the bolt could weaken the magnets and make the meter run faster than normal.

If you notice any dramatic change in your electric bill after a storm, check with your neighbors to see if they have noticed the same thing in their bill. If they have, perhaps the whole neighborhood has been affected. If they haven't, think about how your usage may have changed—whether you've added an appliance or changed your living pattern. If you're still concerned, ask the utility to check the meter for you. They may charge a fee, so inquire first.

MYTH #2: A BIGGER HOT-WATER HEATER IS ALWAYS BETTER.

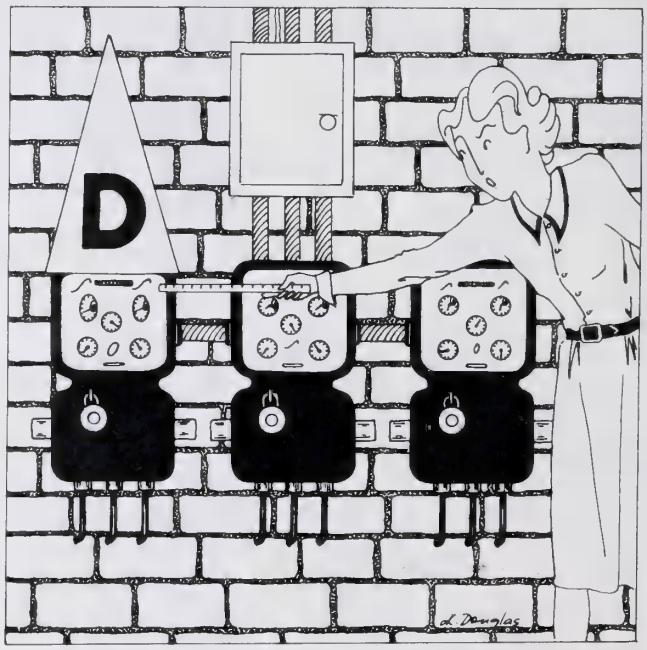
Fact: There is no "best" size for a heater—what you need depends on the size of your family. A large heater is convenient because there's no need to wait for a new tankful to warm up when the whole family bathes and you run a dishwasher at the same time. But with a large tank, you are maintaining the heat for a lot of extra gallons during the hours they're not needed—that's an expense you might not consider worthwhile. For a small family, a small tank will save much more energy.

MYTH #3: LIGHTLY STOCKED FREEZERS USE LESS ENERGY.

Fact: This is not the case. You might think that if the freezer doesn't have much food to keep frozen, it won't have to work hard. This is not true, since once a freezer is fully stocked, it "keeps its cool" longer than a lightly stocked one. This also is true for the refrigerator, but remember to leave room for air to circulate.

MYTH #4: DIMMER SWITCHES SAVE ENERGY.

Fact: This is not true of older rheostat dimmers, which use the same amount of wattage whether they



are high or low. But with solid-state dimmers, the wattage is reduced when you turn the light down, and so you save energy.

If you are buying a new dimmer, the package will tell you if it is a solid-state. If you have dimmers in your house but don't know what kind they are, turn off the main switch, remove the plate and examine the body of the dimmer. If it doesn't say solid-state, it is one of the older rheostats.

MYTH #5: MORE WATTS MEAN MORE LIGHT.

Fact: This is not necessarily so. Wattage is the amount of electrical energy the light bulb uses. But there are two other factors to consider: light output, measured in lumens, and the life span of the bulb.

Lumens can vary, for example, from 1000 to 1750 on 100-watt bulbs; and the more lumens, the brighter the bulb. Look at the notation on the package. You may be able to use a lower watt bulb where you've been using 100 watts and get approximately the same amount of light.

The package also indicates life span. The ordinary 100-watt bulb lasts about 750 hours. Long-life, 100-watt bulbs last up to 2500 hours. The long-life bulb costs more to buy in the beginning, but is very useful for hard-to-reach places where you'd like to change the bulb less often. **End**


llect Luxor.® The famous 100% cotton towel from Martex.®
West Point Pepperell
cotton

The Lily of France feeling.

If you're blessed with more, you'll thank heaven for L.E.S.S. The surprising new bra that subtracts more than old fashioned minimizers. So now you can feel good in clothes you felt you couldn't wear before. Soft Cup Bra $10, Underwire Bra from $12, Control Brief $10, Hipster $5.50. In 7 exciting colors by Gloria Falla.

L.E.S.S.™
by LILY OF FRANCE®

FOR THE LILY OF FRANCE STORE NEAR YOU, PLEASE WRITE LILY OF FRANCE, 530 PARK AVENUE, NEW YORK, NY 10016



Hey, Look Again

Some energy options that grabbed headlines awhile back didn't live up to their promises. Others are better than ever. Read on for a rundown of some of today's best energy bets.

Have you thought about making changes in the way you use energy, but stopped short of a firm decision? Good! Because while you were hesitating, energy alternatives have been put to the test. Some that seemed worthwhile at first have turned out to be sorely lacking. Others might surprise you. Let's look again at our energy options and see where we stand today.

CHANGING FUELS.

When your heating system was first installed, it was probably chosen because it used the cheapest fuel available. Times have changed. In many parts of the country, natural gas is now cheaper than oil or electricity, and about 200,000 families are expected to switch to gas this year.

But no one knows how the prices of oil, gas and electricity will compare in five years because of changing relations with OPEC, gas deregulation, the controversy over nuclear power and the increasing use of coal. Don't change fuels now unless you will save enough during the next five years to pay for the conversion.

How much is enough? That depends on the type of conversion you select. Switching the burner on your present furnace or boiler can cost anywhere from $300 to $700. Buying a new furnace can run $2,000 to $3,000. What's more, if a gas line doesn't run into your house, you may have to pay as much as $1,000 to have one installed. In some areas, limited supplies have forced companies to put prospective customers on waiting lists of up to two years.

If you do need to replace your furnace, check out the new combination models that can be fuel with oil, gas, coal or wood. rather than replace the whole nace, install a fuel damper that close the chimney when the furn goes off, trapping the warm inside.

Sometimes the culprit is not fuel in your furnace but rather y hot-water thermostat. Check the ting. Authorities say 140° F. is a quate for household use, includ the dishwasher. Some dishwash have a booster which raises the w cycle temperature higher. If you lowered your hot water temperat and your dishwashing results unsatisfactory, you might want to a detergent formulated for lo temperatures. Another new dev monitors outside air and autom ically lowers hot-water temperatu on mild days, or can be set so t water is heated only during th times when you need it.

If you do opt for a major f change, have your local utility co pany recommend several c tractors. Ask for bids as well as names of families who have used contractor's services. Visit th homes, see the work and ask qu tions about the contractor's liability.

WOOD-BURNING STOVES.

For awhile, if you believed advertisements, it seemed that wo burning stoves were the answer to our energy needs. But many e enthusiasts quickly discovered t stoves just don't suit every lifesty

Cutting and hauling wood is ha dirty work. An energetic young c ple may find it fun, or it may practical for a family that has c dren who are old enough *(continu*



For sheer number of dazzling aches, no vacation spot on earth can al The Bahamas. Our 700 ands offer more than 600 miles of ire white pleasure.

Choose a quiet hideaway and surrounded by clear, tur- oise water. Or a luxury resort here the person next to you is within shouting distance, but a friendly waiter just a whisper away.

Relax all day, and at night, catch the excitement of our discos, casinos, clubs and goombay music.

See your Travel Agent. Or call toll free, 800-327-0787. In Florida, 800-432-5594. In Dade County 443-3821.

The Bahamas has more beautiful beaches than the entire Mediterranean.



t's Better In The

Bahamas



Start pure.

LEMON WINE CAKE FILLING
(Use to fill your favorite white cake) Stir together 1-1/4 cups sugar and 1/3 cup cornstarch in medium saucepan. Blend together 2 slightly beaten egg yolks, 1/2 cup dry white wine, and 1/2 cup water; stir into sugar mixture. Cook over medium heat, stirring constantly until mixture thickens and boils 1 minute. Remove from heat; stir in 1 tablespoon butter or margarine, 1/3 cup Minute Maid Lemon Juice and 2 tablespoons orange liqueur. Chill several hours.
Minute Maid® Lemon Juice from Concentrate is 100% pure with no preservatives. It's full strength and gives you the equivalent juice of six lemons. And it's frozen to insure fresh taste. So look for it in your grocer's freezer.

Make sure. Make it Minute Maid.
"Minute Maid" is a registered trademark of The Coca-Cola Company

HEY, LOOK AGAIN
continued

and strong enough to chop wood. But a man who must spend long hours in the office doesn't have time for it. Neither does a mother with young children, or a working couple trying to juggle myriad household responsibilities.

Then there's the problem of installation. Stoves must conform to local building and fire codes: (a) They may have to be set on a fireproof floor (such as brick or quarry tile), (b) they shouldn't be too close to the walls and (c) they must be properly vented through the chimney. If your home is small, with rooms arranged around a central chimney, the heat from a stove will circulate comfortably. But if your home has large rooms with a chimney on an outside wall, most of the house will remain chilly.

FUELING FIREPLACE USE.
Although we've always been told that fireplaces waste more heat than they provide, some new attachments go a long way toward remedying that problem. Heat exchangers, for instance, filter warm air and send it back into the room. A new andiron-like contraption, consisting of a row of pipes that support the logs and curve upward behind them, shoots warm air into the room. Tempered glass doors, which fit over the fireplace opening, allow heat to penetrate but prevent warm air from escaping up the chimney. Some states require that these glass doors, as well as chimney dampers, be installed in all new homes. Others insist upon an intake air duct behind the fireplace so that flames are fed by cold outside air instead of by warm room air. Even if your state doesn't have this requirement, you'd be wise to add a duct if you plan to use your fireplace frequently.

SWITCHING TO SOLAR.
People are continuously experimenting with solar constructions: Some plans cover an entire roof with solar panels or envelop the whole house to function like a house-within-a-house.

Others are designed very much like greenhouses to store heat. But, unfortunately, adding solar heat to an existing structure is still not economical. Solar panels cost about $400 each, and an average house requires 15 to 20 panels. Installation is expensive and the array of necessary pipes, tanks, meters and circulators can run the total cost upward of $20,000. Most solar units also require a furnace as a backup.

Solar energy *is* practical, though, for hot-water heating. In fact, the federal government endorses its use and allows a sizable tax benefit for those who pioneer in this area. Your initial investment can run $2,500 to $3,000 for three roof panels, water tank and plumbing, but you'll qualify for a tax *credit* of 30 percent on the first $2,000 and 20 percent on the next $8,000. (Unlike a deduction, which is subtracted before the tax is figured, a credit is subtracted from the total IRS tax.) Federally insured home-improvement loans, which charge less than 12 percent interest, are also available.

How much will you save?

How much will you save if you switch to solar-heated hot water? That depends on how much water you consume and the price of the fuel replaced by the solar system. Since roughly 15 to 20 percent of the average heating bill goes for hot water, and a solar system can provide 50 to 75 percent of the heat needed, figure a savings of between 7½ and 15 percent.

If you're seriously considering installing a solar-heated hot-water system in your home, two booklets will be of help. One, "Is Solar Hot Water Heating Right for You?," is available free by writing to the National Solar Heating and Cooling Information Center, P.O. Box 1607, Rockville, Md. 20850. The other, "Hot Water from the Sun," can be obtained by writing to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, for $4.75. Or, call the Information Center toll-free (800-523-2929 in the continental U.S.; in Pennsylvania, 800-462-4983; in Alaska and Hawaii, 800-523-4700). **End**

OCTOBER

By Maureen Cannon

I know. The year is growing old,
But I am giddy in the gold-
And-pumpkin day, the shower
Of leaf and shining burnished leaf. . . .
Not now, not in this hour
Can I, and I am growing old,
Find any grief.

Farberware found that the best way to get something done is to go around in circles.

The Farberware Convection Oven. A cooler, cleaner, faster and more economical way to cook.

The Farberware® Convection Oven is taking cooking in a ally new direction.

t works on the principle that if you constantly circulate t air around the food, food will constantly come out better. at's the same concept cooks have used in professional ens for years.

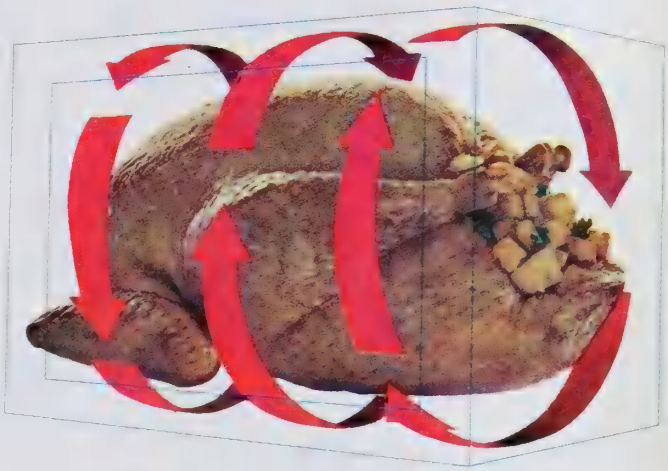
You can roast, bake and broil. In fact, you can roast up to 18 lb. turkey in one-third less time. And because the food surrounded by even heat, you never have to turn anything over. It also cooks frozen meat in the time it would normally take to cook thawed meat.

Foods look and taste better than ever before. Poultry gets ne to a golden brown, tender and moist throughout. eats come out pink and juicy inside, brown and sizzling tside. And cakes, pies and breads are so light and moist ey'd make a baker envious.

Plus, there's room enough for two cooking racks. So you n cook several different things at the same time.

Exclusive "Probe-A-Matic Control"

Here's a way, other than guessing, to know when a rib ast or London broil is cooked precisely to your liking. Our Precision Probe-A-Matic™ Control enables you to hieve the highest degree of accuracy in cooking. All you ve to do is set the control to the correct internal meat nperature for rare, medium-rare, etc. Once you insert e meat probe, the oven is on "automatic pilot." It shuts elf off when the meat is done.



Save Time, Work and Money

In addition to saving you time, a Farberware Convection Oven saves you money and work.

It cooks so fast and efficiently, it requires less electricity than an ordinary oven. It works on ordinary household current, without needing any special wiring. And, because the air is constantly travelling in circles, it can't escape to heat up your kitchen. You can tell that's true; the oven's top and sides stay cool enough to touch.

It even cleans up after itself. The inside walls of our oven are treated to vaporize food splatters while the oven is on.

The Choicest Choices

Farberware wasn't content to make only one portable electric counter-top oven that would be vastly superior to any conventional oven made. So, we made three.

There's the Farberware Convection Oven with Precision Probe-A-Matic Control and brushed chrome look (shown below). Or, you can choose a Farberware Convection Oven without the meat probe, in either a brushed chrome or rosewood look.

All three give you great results and take less time, effort and work. And, all three sell for a lot less than other ovens that don't do nearly as much, nearly as well.

The Farberware Convection Ovens. They cook circles around all other ovens.



S. Pat. No 3,828,760)
berware, 1500 Bassett Ave., Bronx, N.Y. 10461

FARBERWARE®
Subsidiary of Walter Kidde & Company, Inc.
KIDDE
If it's worth doing, it's worth doing right.



IN THIS DAY AND AGE
it is refreshing to know that there is a dress company that designs dresses for women who don't generally disco till dawn, roller skate to work or drive motorcycles as a rule.

IT IS LOVELY TO KNOW
that there is a company designing appropriate dresses for wonderful moments in life like this. If this is your life, Leslie Fay is your dress.



LESLIE FAY. WHENEVER IT'S TIME FOR A DRESS.

Leslie Fay dresses (including the five shown here) at stores all across America. For the ones nearest you, write Leslie Fay, 1400 Broadway, New York, New York 10018.



Germaine Monteil gives you reinforcements for your skin in its fight to stay soft and smooth. Super-Moist Beauty Emulsion is our very luxurious daytime moisturizer. It protects against dryness... and comes in natural or in special tints to improve complexion tone.

Available at the finest department store you know.

Energy-ese: The Fundamentals of an Energy Vocabulary

Do watts, therms, BTUs and barrels make you want to turn and run? Don't be discouraged—anyone can learn the ABCs of *Energy-ese.*

"Now this machine's a real honey," the salesman says to you as he stands proudly behind his finest air conditioner. "At 8,000 BTUs, it'll keep your family room nice and cool. It may cost more than some others, but it's efficient as can be. Heck, if everybody had a machine like this, we'd save millions of barrels of oil!"

Great, you say to yourself, but what is this man talking about? In the past few years, everyday English has been flooded with words that used to be of concern only to engineers, energy experts and air conditioner salesmen. And, although you hear some of them often, you may have no idea what they mean. In short, you don't speak "Energy-ese."

More value for your money

This is not to your advantage. In the era of ever-rising energy costs, a working knowledge of Energy-ese may help you get more value for your money and allow you to join in on the important energy decisions Americans must make in the coming years. That said, let us begin our introduction to Energy-ese.

What is a watt? Or, for that matter, what is a BTU, a CCF and how much oil is contained in a barrel? All of these are measures of various forms of energy. A *watt* is a unit of electricity. A *kilowatt* is a thousand watts. A *megawatt* is a million watts. Large power plants often generate 200,000 megawatts.

Kilowatt-hour, however, is a more useful term to you because that is the unit your utility company uses in billing you. A kilowatt-hour is 1,000 watts being used for one hour. If you let ten 100-watt light bulbs burn for one hour, for instance, you would be charged for one kilowatt-hour of electricity. Your home, depending on its size, your heating and cooling system, the number of appliances you use and your energy-saving habits in general, might consume anywhere from 200 to 4,000 kilowatt-hours a month.

Knowing how many kilowatt-hours various appliances in your house use can be very helpful. Your utility company can probably supply a chart with all of this information. You might learn, for example, that using a microwave oven for five minutes burns about a tenth of a kilowatt-hour, while watching a color television for 60 minutes might consume up to a quarter of a kilowatt-hour. When you realize which items are the gluttons, you may have the incentive to cut back or plan for their use.

Gas is measured in cubic feet. *CCF* stands for 100 cubic feet of natural gas. A *therm* is the amount of energy contained in 100 cubic feet of gas, or 1 CCF. These are terms your gas utility company will use on your monthly bill.

The granddaddy of all energy measures is the *BTU (British Thermal Unit),* which measures the amount of heat you can get from a wide range of fuels—oil, gas, coal, sunlight, etc. Graphically speaking, a BTU is the amount of heat generated when you strike a match and let it burn down to your fingertips. One BTU will raise one pound of water one degree Celsius. The BTU rating of your furnace tells you how much heat it can put out. When you buy an air conditioner, the number of BTUs the salesman may boast about will tell you

(continued on P.S. 26)


Qiana® excites
Dorothy Farina for Lee Jordan. A glimmering nightfall, starred with rhinestones.
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A New Look at Today and Tomorrow:
Promising Energy Sources and Strategies

You don't have to be Houdini to find your way out of the foreign oil barrel. There are many exits—including solar, wind and hydropower, not to mention your own degradable garbage!

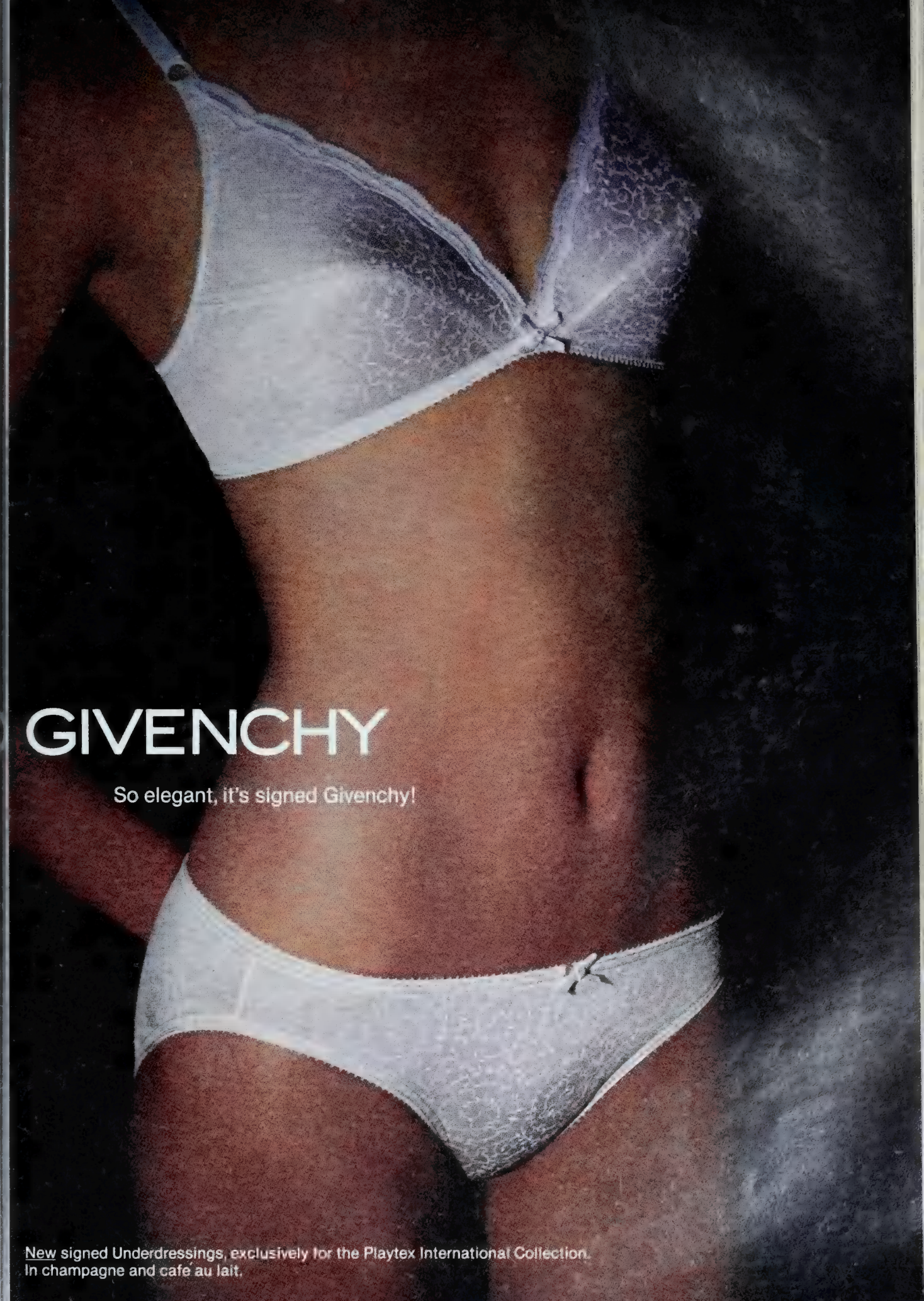
You're paying four times more for gasoline than you did seven years ago. Heating oil and electric rates have climbed so high, your home feels more like a trap than a castle. And the soaring cost of energy has spurred inflation so, a family of four now needs to have an income of $20,000 just to live in reasonable comfort. You must be asking yourself, when will it all end?

As always, necessity is the mother of invention, and scientists are rapidly developing and improving a variety of energy sources. For instance, solar energy has moved out science fiction novels into many of our hot-water tanks. A solar hot-water unit may be able to cut your hot-water costs by as much as 50 percent. And some energy analysts project that as many as 11 million homes may be solar heated by the mid-1980s. If you are considering a solar system for your home, you'll hear the words "active" and "passive." An active solar system simply means that pumps, collectors, fans or any other moving parts are included in the system. A passive solar system takes advantage of the sun's power by using glass or other materials that intensify the sun's rays, and paying special attention to the positioning and design of a new building.

While solar heated hot-water tanks are already economical for many families, using the sun to electrify your house may be just a few more years down the road. One promising method of converting sunlight to electricity is known as photovoltaics. Photovoltaic cells are small, wafer-like chips of silicon arranged in banks that can power electric mot or charge batteries. Right now th are expensive. But just as the cost computers went down dramatica as they improved and became pop lar, the cost for photovoltaics may the same. Already, new methods refining the size, shape, capabil and ways of producing the cells ha slashed their price by 80 percent the last four years. As the cost co tinues to fall, photovoltaic-charg batteries may begin powering str lights, shopping centers and rem summer cottages. By the end of t decade, some people may even ha installed them on their rooftops.

If you live in a coastal or mou tainous area where breezes steady (approximately 12 miles hour), wind power may be the m logical energy source. Electrici generating windmills (or wind t bines, as they're called) are alrea available in sizes that can prov electricity for anything from a t cabin to a group of houses. But cording to the U.S. Department Energy, much larger wind turbin now experimental, also have excit possibilities. Right now, the first three enormous windmills is be erected at Goodnoe Hills, Wa ington. These windmills will pu enough electricity into a local u ity's grid to power a small town over 2,000 residences. (One of bugaboos with solar-and wind-ger ated electricity is that we still have developed an economical pow storage scheme that can be tapp when the sun isn't shining, or wind isn't blowing.)

If you've *(continued on P.S.*


GIVENCHY
So elegant, it's signed Givenchy!
New signed Underdressings, exclusively for the Playtex International Collection.
In champagne and cafe au lait.

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Have a Nabisco Get-Together!


Put our Vegetable Thins and Triscuit Snack Crackers together in a bowl, and you've got a new kind of snacking deliciousness! A tangy vegetable and crunchy wheat combination!
TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!

heaters, washing machines and dishwashers let you know how much a specific appliance will cost to run. And labels on air conditioners are even more complete. They'll tell you just where, on a sliding scale of energy-efficiency values, one model stands relative to others of similar capacity. Although more efficient appliances may require a larger initial outlay of cash, in the long run you'll probably save money because they will be cheaper to operate.

As you may know, you can enhance energy efficiency by installing insulation and by plugging leaks. When you buy insulation, you'll be speaking fluent Energy-ese if you know the meaning of the words *conductivity* and *resistivity*. Conductivity is the measure of how much heat can pass through a given thickness of material. The purpose of insulation is to slow the conductivity of a material. Resistivity is the capacity a material has to resist electricity.

Insulation is measured by its resistivity, better known as its *R-value*. The thickness of the material is no clue to its insulating quality. For instance, a slab of concrete 40 inches thick has the same R-value as one inch of dense, glass fiber insulation.

What all of this leads to is *barrels* (the standard measure of crude oil—42 gallons), which is employed in energy statistics. Right now, Americans import from OPEC some six million barrels of increasingly expensive oil each day. It is clear that if we watch our kilowatts, conserve our therms, use insulation with high R-values and buy efficient cars and appliances, we will not only save ourselves money, but save the nation a lot of barrels of oil. **End**

ENERGY-ESE

continued from P.S. 22

how much heat that particular air conditioner can remove from the air.

Many people ignore BTUs when they buy air conditioners. Sometimes they end up buying machines that are too small, that strain to cool a big room and eventually break down. Or, they buy a machine that is too big, and waste a lot of electricity. Ask your dealer how many BTUs are required to cool the specific area you want to air-condition.

BTUs also are helpful in comparing various kinds of fuel you may consider using to heat your home. For example, to generate 100,000 BTUs it takes 12 ounces of Number Two heating oil, eight pounds of coal, 29 kilowatts of electricity or less than one percent of a cord of wood.

Finding the appropriate BTU capacity for your purposes is one way of being *energy efficient*. Energy-efficient systems get the most work out of a given amount of fuel. Ideally, you want your furnace to generate one BTU of heat for every BTU of fuel burned. But this is not possible. In reality, if you get an energy-efficiency of 80 to 85 percent you're doing well.

The efficiency of the machines you buy is largely due to the manufacturer. But you can be a smart shopper. The *EPA Estimates* tell you the efficiency of a certain automobile—that is, the miles it will go per gallon of gasoline. But you may not be aware that as of this year, *Energy Efficiency Ratings* now appear on many major appliances. Labels on refrigerators, freezers, water

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Have Another Get-Together!


Put our Bacon Thins and Swiss Cheese Snack Crackers together in a bowl, and you've got a snappy swiss cheesy, bacony sensation!
TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!

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NABISCO

And Another!



Put our Wheat Thins and Dixie Drumsticks together in a bowl and you've got a crisp chicken wheat treat that's finger licking good!

TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!

this: No country in the world produces more of it than we do, and no country has as much potential for using it as a source of energy. Garbage is just one form of biomass (organic matter) which can be used as fuel. From garbage, sewage, sludge and crop wastes, we can extract methane—the prime ingredient of natural gas. And from corn, wood, grain, beets, sugar cane and other crops, we can ferment alcohol.

Biomass is already becoming a small but integral part of the energy scene. In the past few years, some Midwest farmers have begun growing crops to produce alcohol to run farm vehicles, selling the excess to companies and feeding the high protein "slop" that is left over to livestock. In Manchester, N.H., a city that has become a testing ground for alternative energy, a plant is being built to extract methane from that city's solid waste and sewage. And in Chicago, two energy companies now propose to extract enough methane from a big garbage dump to heat some 5,400 homes.

While we wait for all of these new energy-producing techniques to be perfected, it's worth remembering that, as one U.S. Department of Energy official says, "The cheapest, cleanest, surest alternative energy source we have right now is conservation." The experts who are involved with new conservation strategies say we have a lot to look forward to in the 1980s. Here are some of the things coming our way:

- The *electric cars* that we've heard so much about are expected to be on the market by 1985, according to the major automobile companies.
- Cars with *turbine engines*, which experts say will be able to run on anything from "perfume

(continued)

ROMISING ENERGY SOURCES

ntinued from P.S. 24

er gone swimming in a swiftly flowing river, no one eds to tell you how strong currents can be. Some parts our country, such as the Pacific Northwest and the nnessee Valley, have always depended upon the werful flow of water, or hydropower, for electricity. t during the era of cheap oil, many small hydropower ojects on lesser rivers were abandoned. Now, energy perts are taking a second look at these. Nowhere is e interest more keen than in New England, where any modest waterways once housed 9,000 hydrower sites. If you live in this region, you'll be interted to know that a number of farmers, families, enpreneurs and utilities are once again re-harnessing the ers, and that by the year 2000, ten percent of your ergy needs may be met by hydropower.

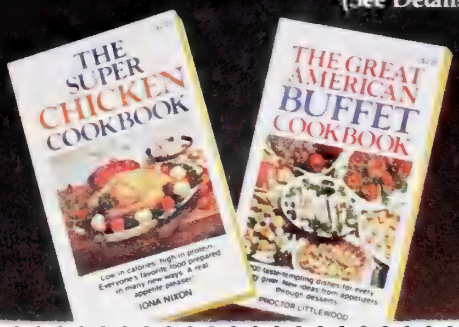
As you can see, there are many energy souces—no e source at this moment in time has proven itself to be e national panacea. The energy that will power your me and office may vary according to the climate and ner natural features of your area. For example, if you e in Hawaii, Puerto Rico, the Florida Keys or even the lf Coast states, you may be able to take advantage of new promising technique called Ocean Thermal Energy Conversion (OTEC). The temperature difference that found in tropical waters between cold deep water and arm surface water is used to drive turbine engines and nerate electricity. OTEC is currently being tested in awaii.

Tonight when you take your garbage out, think of

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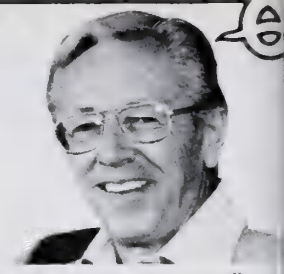
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The Man Behind "Peanuts"

The gentle philosopher of the world's most popular comic strip strives to elevate his work to an art and give his readers humor and understanding. By Jane Wilkie

Seldom, if ever, has one man alone afforded so much happiness to so many people. His *Peanuts* has made comic strip history, reaching almost 2,000 newspapers in 60 countries and 20 different languages. For his millions of readers, the comic strip supplies a tonic that makes bearable the disasters rampant on today's front pages. Yet Charles Schulz is faintly bemused when strangers thank him for their laughter.

"I'm always surprised," he says. "It's such an insignificant thing—only five seconds are required to read it. How can it have that much effect?"

In sharp contrast to the reading time is the labor devoted to creating each new strip. Schultz takes an average of four hours to do the daily cartoon, and an entire day for the Sunday edition. And he does all the work alone. Every word, every line of *Peanuts* is original.

Each *Peanuts* strip is born in a long, low building nestled among trees in Santa Rosa, California. Schulz's work area is a sprawling room on two levels, the walls lined with books, paintings that lean to the rural and pictures of his three daughters and two sons. There are massive couches, comfortable chairs, fresh flowers and—the simplest thing in the room—Schulz's desk. It is bare except for a few pieces of three-ply paper on which is evolving, the strip of the moment.

His divorce from his wife of 23 years and subsequent second marriage constitute the only obvious aspect of Schulz that is not midwestern provincial. He is mild and soft spoken—so low-key, that when he climbs out of a wildly yellow Porsche to meet me, he apologizes. "This is my *daughter's* car."

With his present wife, he plays tennis and ice skates, and twice a week Schulz plays ice hockey on the rink he owns. Years ago, he converted a defunct arena, at a cost of two million dollars, and now employs six instructors to give classes in both ice skating and ballet. The rink yields no profit; Schulz maintains it for the townspeople and the Schulz clan. His life is made up of family, sports, books ("I hoard books; I have a fear of being on a trip without a good one.")—and work.

It is a career he dreamed of as a boy, growing up in St. Paul, Minnesota, where his father owned a barber shop. He was born five months after the first appearance of the *Barney Google* comic strip, which featured a horse named Spark Plug. When an uncle first saw him he said, "By golly, we'll call him Spark Plug." Ever since, to friends and employees, he has been Sparky Schulz.

Prophetically, the boy named after a comic strip character was to develop an early interest in the art of cartooning, and his account of it has all the capricious humor of *Peanuts*. "In school we were assigned either music or art," Schulz recalls, "and I was doomed to study music. Why are music teachers always crabby? She lined us up according to voice pitch. I was a little kid and had a high voice, so I always ended up sitting with the girls. When I learned in junior high that we could choose our courses, I thought, now I'll get rid of music and take art. But when I got to the art class it was filled, and they sent us leftovers upstairs to music again."

In high school, Sparky Schulz began a correspondence course in cartooning, and continued studying at home until he was drafted into the armored infantry in World War II. In 1950, he began *Peanuts* with nine newspapers, working from his home in St. Paul until the family moved to California in 1958.

Schulz's chief problem creating *Peanuts* is finding ideas for basic themes—Snoopy as the World War I flying ace, Linus and his blanket, the Great Pumpkin. "The final panel of each strip is important," says Schulz. "It must have a twist, and this is difficult. It comes because I'm willing to think and think until I know it's right. And the strips must have variety."

His characters' names were chosen "because they seemed right. And I use names of people I know to prevent strangers suing me for making fun of them. Marcie is a friend of my daughter's. Charlie Brown is a friend of mine in Minnesota. I've said that Charlie Brown is based on my own psyche, and reporters loved hearing it. But the truth is that I am all the characters—Lucy and Snoopy and Peppermint Patty, all of them, as much as Charlie Brown."

Schulz seldom takes a vacation. "Do you work all your life to take vacations?" he asks. "Beethoven didn't, Picasso didn't. I don't mean to sound pompous. I only draw silly things, but I like doing it. I go to the ice rink every morning, have my breakfast in the coffee shop and read my paper. Afterward, I wander around to see what the kids are doing, maybe get an idea, then go to my studio and have fun drawing."

Sparky Schulz reaps as much joy from *Peanuts* as his readers. **End**



Photograph by Jim McHugh/Sygma

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ENERGY SOURCES

continued from P.S. 27

o peanut oil," are simple, clean, uel efficient, and will also be avail- ble by the mid-1980s.

- *"Hybrid" cars*, with motors that ombine an electric and regular au- omobile engine, are perhaps the nost exciting new development. You ould drive on electricity and then witch to the regular engine, which n turn would recharge the electric notor as you drive.
- *Co-generation*, now already being ised in brownstones and apartment uildings in Italy, may soon be avail- ble to heat your home. Co-genera- ion means using the heat that is usually lost—such as the heat that escapes up your chimney when you ave a fire in the fireplace—to warm uildings. Power plants create vast mounts of heat as they produce lectricity, and in the past this heat as been lost. With an efficient co- generating system, your neighbor- ood utility could heat the local in- door shopping center, your tennis lub and your office while producing lectricity—enabling the fuel to do wo jobs for the price of one.
- *Fluorescent lighting:* Those long, ubular light fixtures that are com- mon in offices and factories are now eing adapted to a bulb shape to fit able lamps. Why? Fluorescents are nergy sippers, and last up to ten imes longer than the bulbs you're sed to.
- *Computer technologies:* Computer science is now being applied to ev- eryday household appliances, enab- ing them to use electricity more effi- iently. Before long, you may be able to shop by tuning into a compu- er terminal in your own living room. Computer systems are expected to allow greater numbers of people to work at home, and thereby save en- ergy by eliminating the need for commuting.

The spectrum of energy alterna- tives is wide and far-ranging. There are plentiful and renewable sources, as well as scarce and finite sources. You and your friends may disagree on how to plan for the wisest use of energy—but at least you can be as- sured that there are numerous choices and options to help us shape our future. **End**

A Wise Woman's Guide To Energy was prepared by Betsy Brown, Kim Brown, Jane Butel, David Konigsberg, Richard Lorsen and Ann Weninger.

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It's time to switch to Bernina

BERNINA

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Offer expires December 15, 1980.

FALL FASHION PREVIEW

New, Chic Looks from the Paris Collections

Good news for the 1980s! We're starting the decade with designs that will flatter almost every figure, and come in a lovely, fresh palette of colors. By Linda Dannenberg

In the first fall ready-to-wear collection of the 1980s, fashions from top Paris designers are feminine, flirty and easy-to-wear. The extremism of the 70s has been wisely left behind.

Clothes this season seem to be designed with a real woman in mind, not a department store mannequin, which means you won't have to be stick-thin to look well in the new styles.

Waistlines are easy—blouson, dropped or nonexistent. Both Saint Laurent and Givenchy show wide, comfortable "chemise" dresses in wool challis or crêpe de Chine that could mask weeks of overindulgence.

Also notable this season is the reemergence of the dress in general—pretty and versatile one-piece dressing, accessorized up or down for the occasion. And, there's a wide disparity in hem lengths, from above the knee to the lower calf, but what will look freshest this season is the skirt or dress stopping just *at* the knee.

One item making a big comeback this fall is the "twin set"—the coordinated sweater set so popular among soda-sippers of the 50s. Philippe Guiborgé, Chanel's ready-to-wear designer who included a lovely "twin set" in his fall collection—a pale, lacy knit worn with pearls—says, "The twin set really works today because it's so easy to wear and so versatile."

The well-tailored suit is still strong this fall, continuing the trend of the last four years. The house of Chanel, with the classic Chanel suit at the base of every collection, offers many variations on a theme this fall. "With today's economy," explains Guiborgé, "women prefer to buy one very good thing they can wear all the time, and for a long time. There are many ways you can wear a fine, classic suit for a variety of looks: with a silk blouse and bow at the throat, with a cowl-neck sweater, with a camisole top or, depending on the fabric, the jacket with a T-shirt and well-cut jeans."

At Givenchy and Saint Laurent, several suits this season are shown unmatched—flannel or tweed jackets worn with velvet skirts, striped wool skirts worn with loden capes.



Chanel's pale, lacy "twin set" sweaters are pretty for day or evening wear.

Here, culled from the collections of the Paris couturiers, is your personal guideline to what the major trends are for autumn, 1980:

Style and silhouette. The shape this season is tailored and feminine. The fit is body-conscious but fluid—not as form-fitting as last year's cinched waists and straight skirts. Givenchy has designed a group of blouson dresses that flow softly over the body. His skirts are gently gathered at the waist, or stitched down the hips and flared.

Shoulders at Givenchy, as well as at Dior, Saint Laurent and Chanel are slightly padded and squared, giving the body a crisp, neat line. Pants have that smart "trousers" look, cut straight up and down. Generally, the clothes this season will allow you to accentuate the positive and minimize the negative.

Chic new colors. Subdued fall colors, such as the bordeaux red and pearl gray shown by Givenchy, as well as the misty, grayed pinks and mauves at Chanel will be important this season.

But we'll also see more pure, rich color than last season—the striking, bright reds and blues and violets of Saint Laurent, for example. And black will be everywhere—as trim on clothes and accessories, and particularly in dinner dresses and evening wear.



Mixed textures from Saint Laurent—a velvet/flannel suit, wool challis blouse.

Soft, comfortable fabrics. The trend is toward softer, suppler fabrics for day, such as the wool jersey of Givenchy, the wool challis of Saint Laurent—fabrics that fall in soft folds, move when you move. Givenchy even translates this softness to his coats, showing several in a shaggy, thick mohair—absolutely wonderful to the touch.

For evening, the trend is towards lots of heavy, elegant silk (moiré, satin and taffeta), black velvet and, of course, slinky metallic jersey for only the very sylphlike minority.

Also evident this season are combinations of several fabrics in a single outfit—silk with velvet, velvet with tweed, two wools of different weights *(continued)*

Photograph, left, by Lutz


The seam is dead!
Long live the G-seam!
m Semi-Sheer.
tic French Olive.
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and textures—creating styles with trasting waists, yokes and borders. venchy shows a sleek, red, ribbed coat trimmed at the collar and lapels smooth, black wool broadcloth. And of the best looks from Saint Laurent fall is a suit that combines a calf-ler hip-yoked velvet skirt, a short fla jacket that is trimmed in velvet a plaid, wool challis blouse.

The look for evening. Evening look dressy and elegant this season, mad by rich and luxurious fabrics. Give favors "worked" fabrics—appliquéd ribbons, embroidered or shot thr with gold. Saint Laurent's evening l are heavy in ruffles and flourishes, in satins. An interesting item for eve this season will be the black velvet bo jacket, worn with a taffeta skirt a camisole top. At Chanel, Phil Guiborgé presents evening pajama black velvet—full, easy pants, a butto smock top with a white, lavishly ru silk collar.

Seasonal accessories. With the ple, finely tailored styles that desig are showing this season, accessories make or break your total look. Propor is key: With higher hems, heels lower, more "sensible." Saint Lau shows patent leather pumps with and-a-half-inch heels; Guiborgé of Cha likes flat, ballerina-style sh particularly for evening.

Stockings should coordinate with outfit this autumn: For daytime, the l will mostly be dark—deep gray, w black—in sheer or opaque knit. For ning it's sheer, brightly hued stockin perhaps with a small, delicate desig the ankle.

Jewelry can be bigger and more matic when teamed with simple cloth Philippe Guiborgé suggests a big, tume-like brooch on the shoulder classically tailored suit, or a multi-str necklace of tiny seed pearls with a "t set."

Neat, compact shoulder bags w long, thin straps will look right for day will the timeless, quilted leather Cha purse. Clutch bags of metallic leathe gilded or bronzed—are new this autu for evening.

Black accessories of all kinds will evident this season: Black patent will t leather bags; jet choker beads, jet, g and rhinestone earrings and penda black shoes, stockings, gloves and h will complement any bright outfit wh is trimmed in black.

No matter how many additions to y wardrobe you make this season, reme ber to think about every element of y "look" for a fresh, fashionable and p sonal style.

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Do You Have What It Takes to Make a Good Marriage?



Ready for some encouraging words about marriage? Here, from an intriguing new study, profiles of couples who've found the key to contentment—and help for you in your own pursuit of happiness. By Sally Wendkos Olds

How do you feel about your marriage? Do you consider yourself happily wed, or do you sometimes think that things could be better? These days, it's easy to feel pessimistic not only about our own relationships, but about the state of marriage in general. Headlines tell us the institution is "outdated," "irrelevant," "incompatible with personal fulfillment." And some recent statistics show that one out of every two current marriages may end in divorce.

Yet successful marriages *do* exist; they just haven't been getting much attention. As a result, these strong unions—and the people in them—remain a mystery. What makes some of us capable of forming attachments that bring fulfillment and delight to our lives? What makes the difference between a good marriage and one that is just so-so? If we could only answer these questions with a profile of the typical, happily wedded person, we might be able to pursue conjugal bliss in a new way—not by concentrating on our marriages as such, but by working on ourselves.

Now we have such a profile, thanks to the efforts of two social scientists: Paul Ammons, assistant professor of social work and child and family development at the University of Georgia in Athens, and Nick Stinnett, professor and chairman of the Department of Human Development and The Family, College of Home Economics, at the University of Nebraska in Lincoln. Frustrated by their realization that most research has focused on unhappy families, these men—both happily married themselves—set out to look at successful ones. What sorts of people have the best family relationships, including the happiest marriages? Are there specific personality traits that help make marriage work?

The researchers launched their project in Oklahoma, where both were working at the time. To select families for their study, they looked for people who had been together ten or more years, who had a least one child and who appeared to have a strong relationship. Then, to further refine their choices, the professors asked these couples to fill out a marriage-quality questionnaire. If both husband and wife scored 25 out of a possible 35 points on seven crucial questions, they were considered to have a "vital" marriage. (To take this test yourself, see box on page 78.)

What *is* a "vital" marriage? This term, coined by sociologists J.F. Cuber and P.B. Harroff, refers to the ideal relationship most of us yearn for—one in which two people find their prime joy in life in each other, yet still maintain separate identities. Ammons and Stinnett began by studying a group of 72 Oklahomans whose marriages met these criteria. Later, Dr. Stinnett and an associate, Dr. John DeFrain, expanded the initial sample to include 350 families from other areas of the country. What did this research reveal about the mystery of happy marriages?

The key to success, *(continued)*

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3 mg. "tar," 0.4 mg. nicotine av. per cigarette, FTC Report Jan. 1980.

Good Marriage?

continued

surprisingly, seems to lie not so much in what these couples *do* but in the kind of people they *are*. All good marriages are not alike, of course, nor is each partner necessarily an "ideal" personality on every count. Still, Ammons and Stinnett discovered that certain characteristics did turn up much more often among the vital husbands and wives than among less contented couples and, on that basis, they put together a profile of the happily married person. What does it look like? We talked to the researchers about their conclusions, then to some of the couples they studied. Here's what we found out.

• *People in vital marriages are giving people.* "In our family," comments Audrey Lobbestael, a homemaker from Troy, Mich., married 14 years, "when we do something for somebody else, we feel we are selfish—that we're really doing it for ourselves, because it makes us feel good." In an age that urges us to "look out for number one" and "do our own thing," these people meet their emotional needs by doing for others. They yearn to be nurturers—to offer help, sympathy, kindness—and they do it not out of charity but for their own fulfillment.

Psychologist Gerhard Neubeck, former president of the National Council on Family Relations, was not a participant in the study. But in a recent speech he described his own feelings, which are fully compatible with these findings: "When I bring my wife a cup of coffee in the morning, I know that it gives her pleasure, but I enjoy it, too," he said. "Her face lights up. She says, 'Thank you,' and our day is off to a good start."

Such people do not keep score ("If I do this for you today, what will you do for me tomorrow?"). They don't have to, because they don't think of themselves as martyrs making a sacrifice. As they meet their spouses' need to be taken care of, they meet their need to be caring—a pattern shared by husbands and wives.

Stereotypes not valid

"One of the surprises in this study," reports Dr. Ammons, "is that the stereotyped views of men's and women's characteristics do not show up at all in our data. The men are as nurturing as the women and the women as achievement-oriented as the men."

• *They have a strong sense of commitment to their marriages.* "Unless you make a conscious effort to work on your marriage, other things get in the way," one husband said. And indeed, none of these couples ever gave us the feeling that they took their happiness for granted. Clearly, they are determined to make their marriages work.

"Roger and I are both stubborn," says Donna Andersen, a railroad executive in Minneapolis, Minn. "We have built something over the past nineteen years, and we want to hang on to it. We don't believe in a throwaway society."

Rachel Decosimo, a homemaker from Signal Mountain, Tenn., sums up this stick-to-it attitude: "When a man and a woman marry, they establish something that has life in it. When they divorce, it's like putting to death a living thing. I can't see not fighting as hard for my marriage as I would fight to save my own life."

• *They are strong-minded.* "You don't have to think you're *better* than anyone else," says Audrey Lobbestael, "but you have to realize that you're just as good." She and her husband, Charles, like many other couples in this study, consider marital harmony a top priority, yet they do not lose themselves in the relationship. They value their independence—the right to form their own opinions, make their own decisions, pursue their own goals. They do not heap blame on themselves when things go wrong, nor do they feel inferior—either to their spouses or to people outside the family. And so, instead of basing their behavior on what others will think of them, these couples do what's best for *themselves*. One Oklahoma couple, for example, was strong-minded enough to offer support rather than pass judgment when their 16-year-old daughter became pregnant. And that same firm sense of self helped the Andersen family make the unconventional decision that Donna would keep her job while Roger quit his to become the "houseperson."

• *They have vigorous sexual drives.* "Our sexual life together has been wonderful," Rachel Decosimo told us. "And it has helped us resolve many of the tensions that come up in day-to-day life." In fact, Ammons and Stinnett discovered that the majority of vital partners report moderately high to very high sexual needs, with levels similar to their spouses'.

"When Joe and I got married thirty years ago, we were both virgins," Rachel went on in her soft, lilting drawl. "I was more aggressive then, acting flirty without knowing what sex was all about. Over the years, I have always made sure that Joe could satisfy his very strong sex drive at home. As a result, no woman could ask for a better sexual partner."

But what happens when a couple's sexual drives aren't the same—can they still have a vital marriage? Indeed they can. Usually, the partner with a lower threshold of desire tries to accommodate the other, not as a duty but as an act of love—another example of how these couples give pleasure by giving it.

"Sometimes, even though I'm not particularly in the mood to make love, I pick up on my wife's signals that she is," says one husband. "As I begin to make love to her and sense her pleasure, I become aroused myself. So what originally started out as my doing something for her ends up as an unexpected bonus for me."

• *They like to talk.* These couples spend a lot of time sharing thoughts about all sorts of subjects—from how the day went

(*continued on page 20*)

DO YOU HAVE A VITAL MARRIAGE?

Indicate the degree to which you agree or disagree with each of the following statements about your marriage relationship by circling the appropriate response. The code is as follows: SA = Strongly Agree; A = Agree; U = Undecided; D = Disagree; SD = Strongly Disagree. Complete the test, and then read how to score it below.

1. My spouse and I enjoy doing many things together.	SA	A	U	D	SD
2. I enjoy most of the activities I participate in more if my spouse is also involved.	SA	A	U	D	SD
3. I receive more satisfaction from my marriage relationship than from most other areas of life.	SA	A	U	D	SD
4. My spouse and I have a positive, strong emotional involvement with each other.	SA	A	U	D	SD
5. The companionship of my spouse is more enjoyable to me than most anything else in life.	SA	A	U	D	SD
6. I would not hesitate to sacrifice an important goal in life if achievement of that goal would cause my marriage relationship to suffer.	SA	A	U	D	SD
7. My spouse and I take an active interest in each other's work and hobbies.	SA	A	U	D	SD

To calculate your score: Give yourself 5 points for SA, 4 for A, 3 for U, 2 for D and 1 for SD.

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THE BATTLE AGAINST POT
HOW PARENTS ARE FIGHTING TO KEEP CHILDREN OFF DRUGS

Millions of American youngsters—many as young as nine or ten—are turning on to marijuana. Is there anything you can do about this alarming and growing problem? Yes! Here's how concerned parents are keeping their kids off pot—and out of trouble. By Peggy Mann

It was a festive occasion, a gathering of neighbors in Naples, Florida, for a gala street party. Bill Barton, a civil engineer, and his wife, Pat, were sitting at a small, candle-lit table, joking, enjoying a conversation with their friends, the Corwins. The talk turned to children and, suddenly, in a rush of words, Sue Corwin blurted out, "Do you realize that your sweet, fifteen-year-old daughter, Tracy, is dating a twenty-year-old professional drug dealer? He used to date our daughter, so we know all about him."

The Bartons drove home, devastated. When they asked Tracy about her new boyfriend, she insisted, "Andrew never deals when I'm around. He *likes* it that I don't do drugs."

But later that night, as they prepared for bed, the Bartons learned the truth: "Tracy's high most of the time," confided their 16-year-old son, Brett. "She's really going down the tubes, and I'm worried about her." He went on to say that his sister had been smoking marijuana since age 13 and now smoked from two to ten joints (marijuana cigarettes) a day.

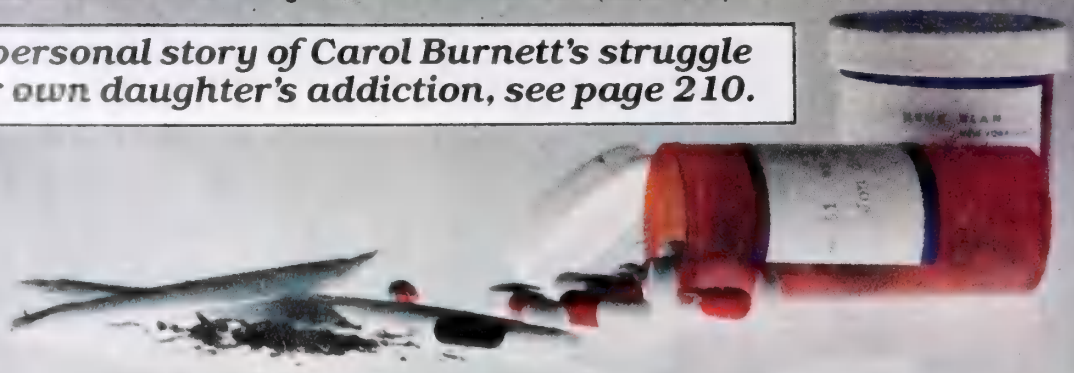
Tracy, the Bartons' former "sunshine girl," is a part of such alarming statistics as these:

- According to the latest (1979) National High School Senior Survey, one out of ten seniors smokes pot daily, or almost daily, an 80 percent increase since 1975. Of these, daily users averaged three and a half joints a day; 13 percent smoked more than seven joints daily. And of the 50 percent of seniors who smoked pot at all during 1979, 37 percent said they "usually stay high three to six hours."
- Forty-nine percent of all seniors who used pot "during the past 12 months" also used one or more additional illegal drugs.
- City, state, suburban and rural surveys for 1979 and 1980 show that marijuana use has increased rapidly at all school grade levels and family income levels, with the highest increase among youngsters of junior high school age. In some areas pot use starts as young as the fourth grade. (A typical two-county survey in rural Maine revealed, for example, that in the fourth grade six percent of the students had tried marijuana at least once, and one percent said that they had used it many times.)
- According to the most recent (late 1979) national survey, covering ages 12 and up, use of marijuana among 12 to 17 year olds rose 42 percent in three years.

Tracy Barton, however, is no longer a drug statistic. After eight months of concerted effort to fight her problem, including treatment at a behavior modification program at a drug abuse center, Tracy was drug-free.

The Bartons felt that, with all they had learned and suffered through, perhaps they could help other families. The first meeting of Naples Informed *(continued)*

For the personal story of Carol Burnett's struggle with her own daughter's addiction, see page 210.



Photograph by Mark/Platypus

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BATTLE AGAINST POT

continued

Parents (NIP) was held in their living room. The meeting was attended by four very uninformed couples. They did not stay uninformed for long. Perusing the latest scientific literature, the group learned about marijuana's damaging effects on the brain, the lungs, the male and female reproductive systems. They discovered, for example, that distinct brain cell abnormalities have been demonstrated in rhesus monkeys exposed to the smoke of two or three joints (worked out in human equivalency terms) a day, five days a week for three months; also that the drug interferes with psychomotor functions such as reaction time and visual perception, which makes "stoned" drivers a hazard. Pot also can be harmful to the entire pulmonary system, from the sinus cavities to the deepest recesses of the lungs. Heavy use can produce sinusitis, pharyngitis, bronchitis, asthma and other respiratory disorders. In females, it has been shown to reduce the levels of the female sex hormones, and has destroyed the embryos of gestating animals. In males, it can lower the level of the male sex hormone, testosterone, and it has been linked to sperm abnormalities, including reduced numbers and mobility of sperm and abnormal sperm shapes. Dr. Carlton Turner, director of the Marijuana Project for the National Institute on Drug Abuse (NIDA), says, "This very complex and insidious drug affects virtually every organ system of the body."

Shocked by what they had discovered, Naples Informed Parents decided to act.

They asked the high school principal to do something about the school parking lot, where kids were getting high. At first he thought they were exaggerating the problem, but a three-week surveillance by the sheriff's department proved that the lot was indeed a gathering place for pot smoking and dealing (selling drugs).

As a result the principal, parents and student representatives formulated a new and very strict code of conduct. This included a ban on alcohol and drugs on school grounds or at any school function. For a first offense, a student got a ten-day suspension and a referral to appropriate police authorities. The second offense carried a recommendation for expulsion.

In addition, every teacher had to turn in an attendance report after every class period. If a child was absent from class, his parents were notified at once. (Attendance at Naples High swiftly rose from 81 to 95 percent.)

If a student's grades dropped dramatically, often a symptom of chronic drug use (see box on page 208), parents were informed before report-card time. "Within a year," says Pat Barton, "students had a healthier, more optimistic attitude about school. The SAT scores have gone up. The students dress better, look better and seem more enthusiastic about life. There's a lot more interest in extracurricular activities and sports. And pot usage in school is a very rare occurrence. The kids who didn't smoke it used to feel uncomfortable, as though they weren't in the swing of things. Now, as one youngster told me, 'It's getting to be cool *not* to smoke pot. And most everyone likes it a lot better this way.'" (The sentiment behind this comment is borne out by a nationwide Gallup Youth Survey in February 1980. Students were asked to list what they considered "very big" school problems. At the top of the list was "use of pot by students.")

Meanwhile, unknown to the Bartons, parents throughout America were forming groups similar to NIP. They had many names: Families in Action, Marijuana Awareness Program, People Are Concerned (PAC), Interstate Movement Against Dangerous Drugs (TM MAD), Society to Oppose Pot (STOP). Many names, but a single purpose—to bring up drug-free youngsters.

Last May in Washington, D.C., 370 parent groups—ranging in size from four to five families to community-wide organizations of several thousand members—united to form the National Federation of Parents for Drug Free Youth (NFP). The first president of the NFP: Bill Bar... White House drug policy adviser ... Dogoloff called this growth of direct ... ental involvement "one of the most ho... ful signs for the coming decade."

Parent peer pressure

Like the Bartons, Marsha Manatt [... her real name] of Atlanta, Ga., ... hurtled into marijuana awareness a... party—a birthday party for her 13-y... old daughter, Kathy. Marsha was pre... ing a snack tray for Kathy's friends wh... she noticed, she says, "kids with red e... kind of stumbling into the kitchen." O... 11 year old, trying to make a phone c... couldn't even get her fingers in the d... Then a pale, skinny, scruffy boy wh... Marsha had never seen before lurch... into the room and said to the girl, "W... they bring the stuff?"

It began to dawn on Mrs. Manatt t... these kids—ages 11 to 14—were "stoned."

She went into the backyard and a... nounced that the party was over. A f... parents came to pick up their youngste... The rest of the kids, says Marsha, "j... disappeared into the night."

The next morning Marsha asked ...

(*continued on page 20*)

WHERE TO WRITE

American Council on Marijuana (ACM), 767 Fifth Avenue, New York, NY 10022: *Marijuana Today*, a compilation of medical findings for the layman, $3; *Twelve Is Too Old*, by Peggy Mann (Doubleday), the first novel for teens and preteens to deal realistically with the pot scene (also contains medical information), $7.95; "Marijuana: Biological Effects and Social Implications," reports of 12 noted psychiatrists, physicians and organizers of parent groups, $5.

Citizens for Informed Choices on Marijuana (CICOM), 300 Broad St., Stamford, CT 06901: Four booklets giving step-by-step methods to help parents and schools combat the marijuana problem, $3.

Committees of Correspondence, Box 1590, Cathedral Station, New York, NY 10025: Monthly background information on an important drug-abuse issue, plus where to write, $5. per year.

Families in Action, P.O. Box 15053, Atlanta, GA 30333: 164-page manual on how to organize a local campaign to fight drugs, $10; introductory copy of newsletter, 25¢.

Interstate Movement Against Dangerous Drugs (TM MAD), P.O. Box 6272, Silver Spring, MD 20906: Booklet and briefing by lawyers on how to muster local political pressure against drugs. Included in booklet is the full Federal Model Paraphernalia Law (to ban manufacture and sale of drug paraphernalia) that was recently upheld as constitutional. This can be adopted or adapted by any state, $3.

Marijuana Under the Microscope, Drug Enforcement Administration: Prevention Program Section, Washington, D.C. 20537: Excellent 44-page magazine on health hazards of marijuana. Single copies free.

National Drug Abuse Foundation, 6500 Ran... dall Place, Falls Church, VA 22044. Informa... tion on commonly abused drugs, methods o... dealing with youth drug abuse. In additio... there are recommended resources and read... ing, $2.

National Federation of Parents for Dru... Free Youth, P.O. Box 57217, Pennsylvani... Avenue, Washington, D.C. 20037: "NFP... Starter Kit," information on how to start ... local parent group, $1.

National Institute on Drug Abuse, P.O. Box... 2305, Rockville, MD 20852: *Parents, Peers... and Pot*, 98-page paperback with advice on... coping with adolescent drug use. Also, "For... Parents Only: What You Need to Know... About Marijuana," a 20-page booklet on... physical and psychological effects. (Single... copies of both books are free.)

Phoenix House, 164 W. 74th St., New York, ... NY 10023: Free information on drugs, plus... advice on school programs.

Parent Resources and Information on... Drug Education (PRIDE), Georgia State... University, University Plaza, Atlanta, GA... 30303: Packet of information on drugs, in... cluding action plan for parents and their... school or community, $5; quarterly newslet... ter, $2.

Straight Talk, c/o Drug Fair Inc., 6295 Ed... sall Rd., Alexandria, VA 22314. Five pamph... lets for parents on how to spot drug abuse... and what to do about it, $1.

Note: Please send check or money order. ... None of these organizations are equipped to ... handle C.O.D.'s.

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PEPPY PIZZA LOAF

Take long loaf of Italian bread, make 23 deep cuts. Brush inside surfaces with 6 T. melted butter and ¾ tsp. oregano. Place slice of mild onion, tomato, packaged salami and mozzarella cheese in alternate slits. Bake at 350°F. for 20 minutes. Serves 4-6.

Start with a can of...

Pumpkin

Smooth and creamy orange goodness (see our recipe for pumpkin soup, page 146)... Make: • Frozen Pumpkin Mousse. Cook pumpkin with 1½ cups brown sugar, 1 tsp. each of cinnamon and ginger, dash of salt. When heated, stir in 1/3 cup orange juice (or rum). Chill. Fold in 1½ cups whipped cream; pour into 2-quart soufflé dish. Freeze. Serves 10-12 for a gala holiday dessert. • Pumpkin au Gratin. Heat canful with 3 T. butter; season with salt and pepper. Spoon into 1-quart casserole. Top with mix of ½ cup grated Parmesan cheese and ½ cup fresh bread crumbs. Drizzle with 2 T. melted butter. Bake at 400° F. for 25 minutes, until golden hot. Serves 4. ▪ Pumpkin Party Nog. Put pumpkin (in batches) in blender or food processor with 1 quart vanilla ice cream, 1 quart milk, 1 cup rum. Whirl until creamy smooth. Stir again just before serving. Dust on nutmeg. Makes 20 punch cups. • Spicy Ice Cream Pie. Take half the can (1 cup), combine with ½ cup brown sugar, ½ tsp. each of cinnamon and ginger, ¼ tsp. nutmeg. Fold in 1 quart vanilla ice cream, spoon into graham cracker crust. Freeze. We suggest doubling recipe; keep one in freezer for last-minute entertaining.

Top it with... RAISIN BREAD

Nothing's more delicious than plain raisin bread and nutty cream cheese, except ... these newcomers. • Toast slice and heap with scrambled egg seasoned with chopped green chilies, grated Parmesan cheese. Garnish with slices of avocado, dollop of sour cream or yogurt. • Add thick slices of tart apple, heavily piled with shredded Cheddar cheese. Broil until brown and bubbly. • For a healthy club, layer on softened cream cheese, shredded carrots, drained crushed pineapple. Sprinkle with chopped nuts or toasted sesame seeds. • Spread a toasted slice with orange marmalade, then crisp bacon (or grilled ham) and a poached egg. Lavish with chopped ripe olives. • A breakfast delight. Cover with banana slices, scatter on wheat germ, peanuts. Drizzle with honey.

Crunch it up with SAUERKRAUT

Drain well. Adds special zing, nutty character to: • Tangy Taters. Slice top off 4 baked potatoes. Scoop out, mash. Add 1½ cups sauerkraut, 5 slices crumbled bacon. Refill shells; bake at 375° F. for 10 minutes. ▪ Sauer Salad. Toss 3 cups kraut with ¾ cup Russian dressing. Arrange over 3 cups torn lettuce. Add ½ lb. each sliced turkey, ham, cheese; 3 sliced hard-cooked eggs; tomato wedges. Toss with additional dressing. Serves 6. ▪ Bavarian Pizza. Cook 2 cups sauerkraut, ½ lb. sweet sausage, 1 chopped onion. Spoon on to 14" pizza dough. Top with green pepper, mozzarella. Bake at 450° F. for 15-20 minutes ▪ Easy Stuffings. For fish: Season kraut with shallots, parsley, dill. Fill cavity; dot with butter; bake. For chicken: Mix with sautéed onion and garlic, 1 T. sugar, 1 tsp. caraway seed, 1 grated raw potato.

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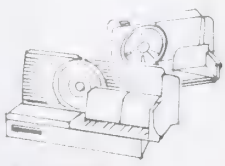
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There are more Rival home food slicers on the job than any other brand. They let you slice professionally at home and save money, because you can buy foods like bacon, meat, and cheese in bulk and slice them the way you like. They cost less, taste better, and stay fresh longer than pre-packaged foods.

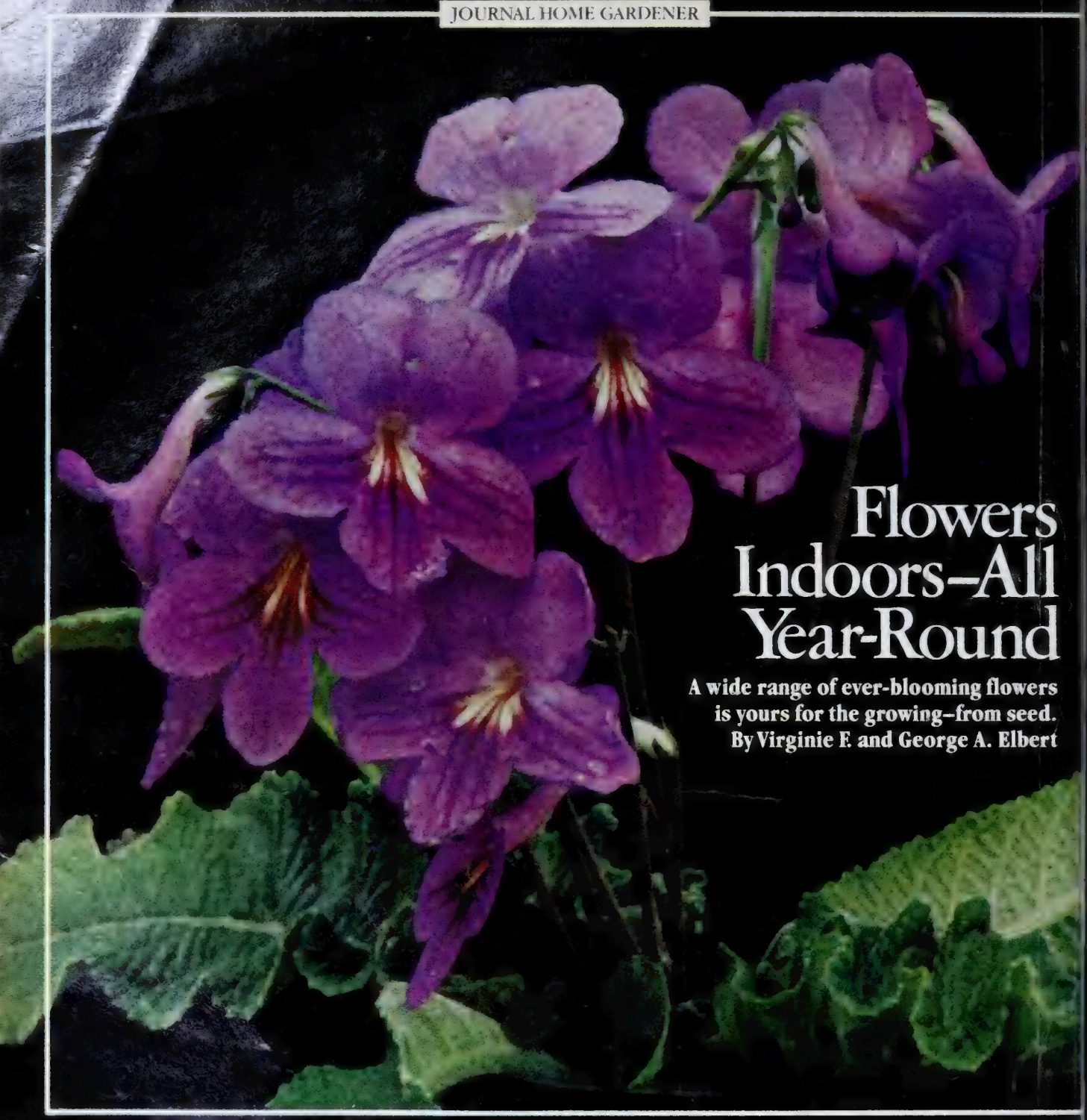
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Flowers Indoors–All Year-Round

A wide range of ever-blooming flowers is yours for the growing–from seed.

By Virginie F. and George A. Elbert

Yes, you can grow houseplants that will flower all year round from seed. Any amateur can do it—all you need are seed catalogs, a sunny windowsill and a certain amount of patience. The result can be a wide range of exotic new plants—like the Cape Primrose shown here—that will put the old standbys to shame. These plants are all called houseplant perennials, differing from *outdoor* perennials in that they do not need a winter freeze to prosper and bloom. *Indoor* perennials are tropical plants and generally need a minimum temperature of 60° F., and most bloom continuously.

Here is a short list of some personal favorites to show the variety of plants you can grow, followed by general sowing and growing tips. At the end is a list of mail-order firms who will send seed catalogs.

Cape Primrose. *Streptocarpus hybrids.* Germination time 15 days.

Cape Primroses (we show one on this page) are particularly suitable for growing in homes that are cool in winter—minimum 45° F.—and relatively cool and well ventilated in summer. The large, trumpet-shaped flowers—in all shades but yellow—bloom from early spring to late fall, and in winter if they have enough light.

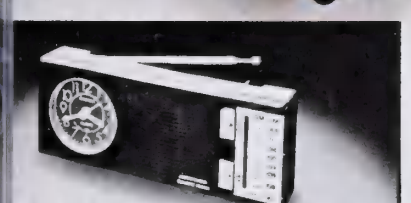
Add two tablespoons crushed eggshell to a quart of the soil mix into which you transplant the seedlings. Fertilize with a high middle number formula and dry out well between waterings. The sunniest window is best.

Purchase seed listed as Wiesmoor formula or mixture. Avoid *Streptocarpus saxorum*, because it will not bloom without special long-night culture. *(continued)*

Photograph by the authors

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Flowers Indoors
continued

Crape Myrtlette. *Lagerstroemia indica.*
Germination time 3 weeks to 2 months.

From the time that they are only two inches high this dwarf of the popular Crape Myrtle bears its orchid-like pink, white or red flowers in prodigal numbers throughout the year. It is one of the finest houseplants recently introduced.

As soon as the seedling has a few leaves, start to nip the tips of the stem and any branches until the plant reaches a mature height of about two feet. At every stage of growth, transplant to a bigger pot to allow the roots ample room.

We use a bit different mix for this plant—two parts peat moss to one part each of builders' sand and perlite. Fertilize lightly twice a week with a high middle-number formula. Keep constantly moist in a moderately sunny window.

Crossandra. *Crossandra infundibuliformis.* Firecracker Plant.
Germination time eight days to a month.

Blazing orange, fan-shaped, one-inch flowers appear successively on spikes. The plant grows to 15 inches and will be bushy if you start trimming early. They look best when three are planted together in a six-inch pot. Keep moderately moist and fertilize once a week with a high middle-number nutrient.

Full-grown plants become woody after about a year, and should be replaced.

Dwarf Lantana. *Lantana camara nana.*
Germination time 2 months or more.

These small Lantanas grow in a very decorative shape, and the flowers, which are just as large as those on the full-size plants, come in a wide range of bright colors. Seeds are slow to germinate so it is advisable to plant double the number you require. To reduce the frequency of watering, cover the container with a sheet of glass or transparent plastic.

When Lantanas start to grow you will soon notice that they are tremendous drinkers. As they must be kept constantly moist, we provide oversize pots in order to reduce the watering chore. The plants are notorious for their attraction to white fly. Spray and isolate the plant until certain that it is clean.

Leadwort. *Plumbago auriculata (capensis).*
Germination time about a month.

True-blue flowers are rare and are to be especially treasured. Plumbago has clusters of ¾-inch, five-petaled flowers that are a bright powder blue, a rare and treasured color in houseplants. Being half way between a shrub and a vine it can be trimmed to remain short and relatively bushy or allowed to run on a trellis.

We get the best results with three plants in an eight-inch pot. The roots are big and, later on, we sometimes have to remove the plants to a still larger pot. Provide your sunniest exposure, add egg shell to the regular mix, fertilize with high middle-number formula and keep moderately moist.

Persian Violet. *Exacum affine.*
Germination time about 15 days.

The half-inch flowers of Exacum are bluish but not as pure as Leadwort. In compensation, the bright orange stamens add to their showiness and the volume of bloom at one time is terrific. This is one of our real favorites. Constant trimming is necessary to prevent it from becoming leggy, but eventually it can grow a foot high and as much across, in a five or six-inch azalea type pot. Remove seed pods promptly. Keep moderately moist; feed heavily with high middle-number fertilizer. Any exposure except north is fine.

Polka Dot Plant. *Hypoestes sanguinolenta (phyllostachya)*
Germination time 10 days.

Pink dots on green leaves is the unusual combination displayed by this easy and vigorous plant. At any time of year it may also flower with very pretty violet blooms. All it requires is normal indoor warmth, a bright position near a window, constant moisture and weekly feeding with a balanced fertilizer. Trim tips early and often to produce a bushy, 12- to 18-inch plant that is very decorative.

Miniature Sinningias. *Sinningia hybrids.*
Germination time 10 days.



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Helen In Love

The legend of Helen Keller assumes new dimension with this poignant account of her two love affairs, from a compelling new biography by Joseph P. Lash.



Helen Keller and Ladies' Home Journal *began a long and happy relationship in 1902, when the* Journal's *editor, Edward Bok, persuaded Helen (a 21-year-old Radcliffe student at the time) to write her autobiography for the* Journal. *The story ran in several monthly installments and was later published in book form as* The Story of My Life. *After that, Helen and her "Teacher," Annie Sullivan (later Macy), contributed many articles to LHJ over the years.*

And so readers then learned of Helen Keller, the brilliant and courageous student, the humanitarian, the legend. But in Joseph Lash's new biography, we today meet a Helen Keller we hadn't known before: a young woman in love. Later, when she was considering a serious proposal of marriage, we see revealed her feelings about love, sex and marriage, adding new dimensions to current thinking about the handicapped.

Helen in Love

Few people spoke the language of love more spontaneously than Helen. In *The Story of My Life* she recalls that soon after Teacher arrived in the Keller home in 1887 she had asked her the meaning of the word *love*.

> I had found a few early violets in the garden and brought them to my teacher. She tried to kiss me; but at that time I did not like to have anyone kiss me except my mother. Miss Sullivan put her arm gently around me and spelled into my hand, "I love Helen."
>
> "What is love?" I asked.
>
> She drew me closer to her and said, "It is here," pointing to my heart, whose beats I was conscious of for the first time.

Helen's shyness about kissing and being kissed yielded to the newly discovered delights of communicating with her fellow human beings. Soon she was "hugging and kissing" everyone. When she was eight years old she wrote her mother, "Clifton did not kiss me because he does not like to kiss little girls. He is shy. I am very glad that Frank and Clarence and Robbie and Eddie and Charles and George were not very shy."

Several years later she confessed, "What woman has not longed for love? But . . . I think it is forbidden me, like music and light . . ."

The one love affair to which Helen (then age 36) admitted wrings the heart with its pathos. It showed that for all her independence and sturdy obstinacy, she was a prisoner—a prisoner of those who loved and cherished her.

Helen and Annie Sullivan returned to Wrentham, Mass., in September 1916 deeply discouraged by the indifferent reception they had been given on their summer Chautauqua lecture tour. Teacher was seriously ill, her body wracked by a cough that the doctor thought might be consumption. She was warned that she might die of tuberculosis and that her best chance of survival was to go to a sanatorium in Saranac, N.Y. Helen would go to Alabama with her mother. A sense of utter aloneness and vulnerability overcame her. She loved her mother and sister, but exile in Montgomery meant an end to her work.

> What could I do? I could not imagine myself going on with my work alone. To do anything in my situation, it was essential to have about me friends who cared deeply for the things I did. I was overwhelmed by a sense of my isolation.

In that mood she received a startling proposal:

> I was sitting alone in my study one evening, utterly despondent. The young man who was still acting as my secretary in the absence of Miss Thomson, came in and sat down beside me. For a long time he held my hand in silence, then he began talking to me tenderly. I was surprised that he cared so much about me. There was sweet comfort in his loving words. I listened all atremble. He was full of plans for my happiness. He said if I would marry him, he would always be near to help me in the difficulties of life. He would be there to read to me, look up material for my books and do as much as he could of the work my teacher had done for me.
>
> His love was a bright sun that shone upon my helplessness and isolation. The sweetness of being loved enchanted me, and I yielded to an imperious longing to be part of a man's life. . .

The young man was Peter Fagan, 29 years old—Helen was 36. He had been Helen's secretary on the Chautauqua tour. We know little about him. He left no records of his own and disappeared quietly and discreetly, making no *(continued on page 98)*

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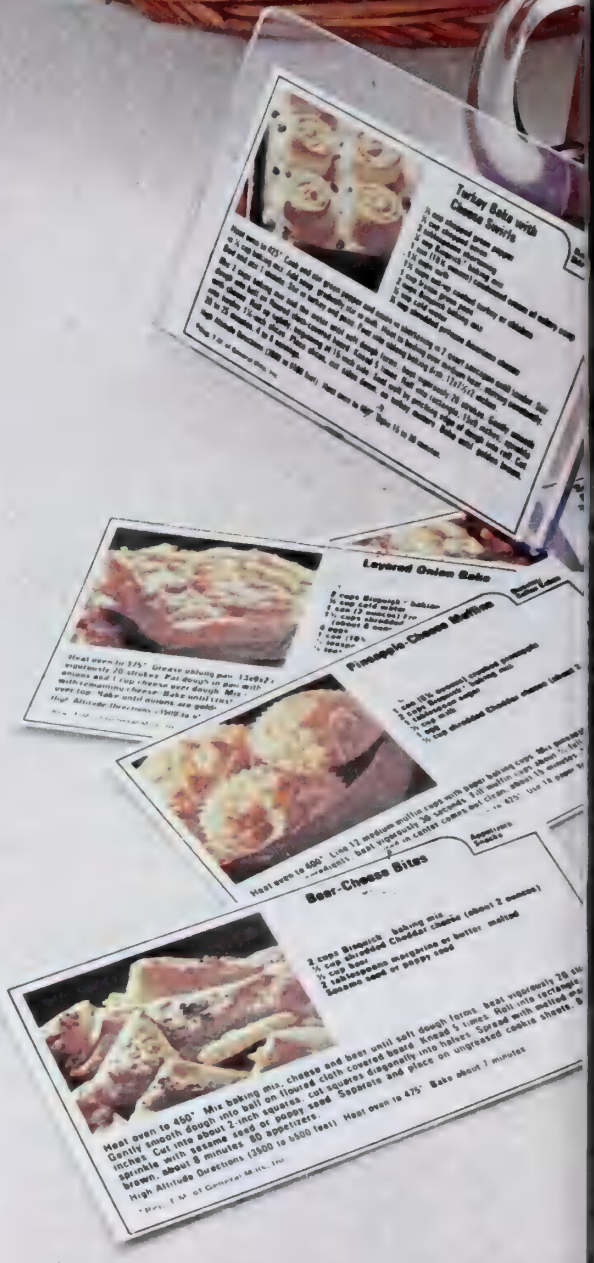
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ALLOW PIE

…ture marshmallows
…s grated orange peel
…ge juice
…ons lemon juice
…hilled whipping cream

…Shell. Cook marshmallows, …eel and juices over low heat, …until melted. Refrigerate until …ed, stirring occasionally.

…eam in chilled bowl until stiff. …arshmallow mixture; fold into …ped cream. Spread in pie shell. …igerate at least 4 hours.

…non Mallow Pie: Substitute 1 table…on lemon peel for the orange peel …d ½ cup water for the ¾ cup orange …ice; increase lemon juice to ½ cup.

…igh Altitude Directions (3500 to 6500 feet): Melt marshmallow mixture in double boiler over gently boiling water.

BANANA-SOUR CREAM PIE

Pie Shell (page 9)
2 large bananas
1 cup dairy sour cream
1 cup milk
1 package (3¾ ounces) vanilla instant pudding and pie filling
1 package (10 ounces) frozen raspberries or strawberries, thawed

Bake Pie Shell. Slice bananas; arrange on bottom of pie shell. Beat sour cream, milk and pudding and pie filling (dry) with hand beater until thickened, about 1 minute. Spread pudding mixture evenly over bananas. Refrigerate at least 2 hours. Garnish each serving with whipped cream if desired. Top with raspberries. (For best results, serve pie same day it is prepared.)

High Altitude Directions (3500 to 6500 feet): No adjustments are necessary.

GRASSHOPPER PIE

Chocolate Pie Shell (page 9)
5 cups miniature marshmallows
½ cup milk
½ cups chilled whipping cream
1½ cups green crème de menthe
½ tablespoons white crème de cacao
3 drops green food color

Bake Chocolate Pie Shell. Heat marshmallows and milk over low heat, stirring constantly, until marshmallows are melted. Refrigerate until thickened, stirring occasionally.

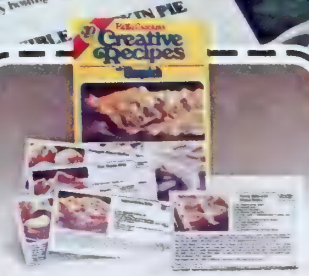
Beat cream in chilled bowl until stiff. Stir marshmallow mixture; stir in liqueurs. Fold into whipped cream. Fold in food color. Spread in pie shell. Drizzle with chocolate fudge topping if desired. Refrigerate at least 4 hours.

Chocolate Chip Pie: Increase milk to ¾ cup. Omit liqueurs and food color. Fold 2 squares (1 ounce each) semisweet chocolate, grated, and 1 teaspoon vanilla into marshmallow-whipped cream mixture.

High Altitude Directions (3500 to 6500 feet): Melt marshmallows in milk in double boiler over gently boiling water.

Orange Mallow Pie





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Helen In Love

continued from page 94

effort to trade on his romance with Helen when it ended in fiasco. Their lecture agent, Mrs. Stevenson, liked him, writing at the end of the Chautauqua tour, "Mr. Fagan is a first-class secretary"; and to judge by his next letter to Mrs. Stevenson, he also had a sense of humor. "Just at present everyone in the house is disgustingly industrious, and the weather gives promise of an early winter—beginning, I should say, day before yesterday."

Kate Keller, Helen's mother, disliked Peter Fagan. Teacher, on the other hand, preoccupied with her ailments, did not take Peter seriously. He seemed helpful, having learned the manual language and Braille, but insignificant. Fagan sensed the hostility or indifference to him of those closest to Helen and persuaded her to keep silent about their decision to get married. Helen wanted to tell her mother, and especially Teacher . . .

> about the wonderful thing that had happened to me, but the young man said, "Better wait a bit, we must tell them together. We must try to realize what their feelings will be. Certainly, they will disapprove at first. Your mother does not like me, but I shall win her approval by my devotion to you. Let us keep our love secret a little while. Your teacher is too ill to be excited just now, and we must tell her first."

Only the need for deception marred Helen's happiness in her decision to get married, and she told Peter a few nights before Teacher was scheduled to leave for Saranac that she intended to tell Teacher the next morning. But the matter was taken out of her hands. Ian, the cook, came to say good-bye to Teacher. "My heart is sad," he said. "It's Miss Helen."

Ian proceeded to tell her that Fagan had been making love to Miss Helen and that the two were planning to elope. Annie could not believe it, but she told Mrs. Keller, especially as a story appeared in that morning's *Boston Globe* reporting that Peter Fagan had indeed applied for a license to wed Miss Keller.

Mrs. Keller rushed into Helen's room, her hand shaking as she spelled to her daughter—who, it must be borne in mind, was 36 years old and a worldwide celebrity—"What have you been doing with that creature? The papers are full of a dreadful story about you and him. What does it all mean? Tell me!" Helen, frightened and anxious to shield her lover, denied everything. But Mrs. Keller was not convinced. She told Teacher she thought Helen was lying. "Why, Helen can't deceive me," Annie retorted, and Helen was summoned to her bedside. She persisted in her denials, and Annie was persuaded that there was nothing to the story: "My mother ordered the young man out of the house that very day. She would not even let him speak to me, but he wrote me a note in Braille and begged me to keep him informed."

The papers were filled with denials. Peter Fagan denied he had ever been to City Hall. He was engaged to another girl, he insisted, whom he refused to name. When Helen and Annie's lawyer advised Annie that the story looked true and what was needed was a written denial from Helen, Helen promptly sat down and wrote one out. Annie, in a formal statement to the press, called the story "an abominable falsehood." But there was no denial from the city registrar, and the papers learned that the application for the wedding license had been made jointly by Miss Keller and Mr. Fagan. "One part of the document," reported *The New York Times*, "was filled in with a peculiar print-like writing, resembling that of a blind person. Mr. Fagan's name was signed to the paper."

After quoting all the denials, the *Times* account repeated that "a close friend of the trio" insisted that Mr. Fagan still expected to marry Miss Keller. "Fagan told me all his troubles," said the anonymous informer. "He told me that denials were necessary in order to soothe Mrs. Macy's (Annie Sullivan) feelings. Fagan told me he was going to marry Miss Keller, and I know that he consulted a lawyer about marriage laws in the Southern states through which they were to travel."

Helen and her mother were booked to return to Alabama by way of a boat that stopped at Savannah, from where they would take the train to Montgomery. Mrs. Keller, getting wind of the news that Fagan might be a fellow passenger, abruptly changed plans, and she and Helen hastened home by train while Fagan sailed alone. The change in itinerary upset the scheme that he had hatched with Helen's consent, to abduct her on the way from the boat to the train and elope to Florida where a minister friend of his would marry them.

But Mrs. Keller was not rid of Fagan. One morning, in Montgomery, Helen's sister, Mildred, saw her talking to a strange man out on the porch. He was spelling into Helen's hand animatedly. Mildred rushed upstairs to alert her mother, who immediately suspected it was Peter. Mildred's husband, Warren Tyson, was told. He got his gun, and all went out on the porch. Fagan stood up to the gun and bravely said he loved Helen and wanted to marry her, but in the end they ran him off the premises.

Peter and Helen persisted. Some days afterward Mildred was awakened by the sound of someone on the porch. She awakened her husband. He guessed at once that it was Sister Helen. And it was. How she had been able to stay in touch with Peter the family was never able to figure out, but she had. She was expecting him that night, had packed her bag and gone down to wait for him on the porch. He never came, or if he did, he decided there was trouble and departed.

When, more than ten years later, Helen wrote about the episode, she was unable to account for her behavior:

> I seem to have acted exactly opposite to my nature. It can be explained only in the old way—that love makes us blind and leaves the mind confused and deprives it of the use of judgment. I corresponded with the young man for several months [these letters appear to have been destroyed]; but my love dream was shattered. It had flowered under an inauspicious star. The unhappiness I had caused my dear ones produced a state of mind unfavorable to the continuance of my relations with the young man. The love which had come unseen and unexpected departed with tempest on its wings.

She was a captive of those who believed they were protecting her interests. Her mother's reaction was predictable. "We have no models of a mother who encourages her daughter's sexuality," writes Nancy Friday. Helen was sure, however, that had Annie not been in Saranac, "she would have understood, and sympathized with us both." . . .

"The brief love will remain in my life, a little island of joy surrounded by dark waters," wrote Helen. "I am glad that I have had the experience of being loved and desired." A poem about the episode stressed renunciation and sublimation:

> What earthly consolation is there
> for one like me
> Whom fate has denied a husband
> and the joy of motherhood?
> At the moment my loneliness
> seems a void that will always
> be immense.
> Fortunately I have much work to
> do.
> More than ever before, in fact,
> And while doing it, I shall have
> confidence as always,
> That my unfilled longing will be
> gloriously satisfied
> In a world where eyes never
> grow dim, nor ears dull.

A proposal of marriage

In early September 1922, a letter arrived at Forest Hills, N.Y., for Helen (who was then 42) from a gentleman in Kansas City, whom we will call "E," proposing marriage. Teacher acknowledged it. "I have read the letter with the deepest interest and sympathy," she replied, but she needed time to think about it. She had asked friends in Kansas City about him. "I have not communicated your proposition to Miss Keller, and it seems advisable not to disturb her peace of mind until I am satisfied with the practicability of your plan." *(continued)*

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Helen In Love

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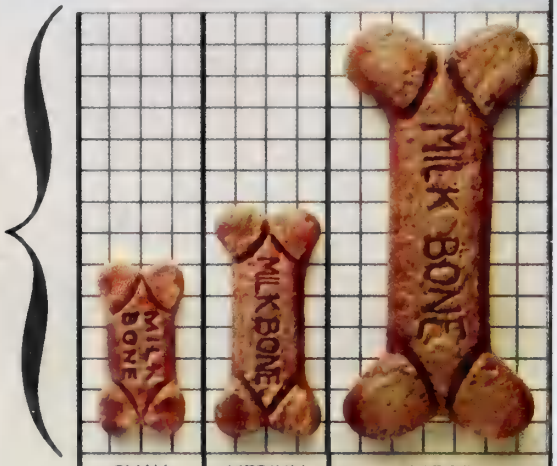
She persisted in her denials, and Annie was persuaded that there was no truth to the story: "My mother ... different sizes ... effort to trade ... when ...

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Overall width (inches)	.94	1.1	2.0
Relative breaking force* (pounds)	77	80	164

*Breaking force is determined by placing biscuits in specially designed fixtures which are then placed in a Dillion tester which applies a measured force.

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Helen In Love

continued

E responded agreeably. It was Mrs. Macy's duty to check on him and he did not consider her act unfriendly.

It is unclear what Teacher learned about E, but within two weeks she did communicate E's proposal of marriage to Helen, who wrote:

> Ever since the day when your letter was read to me three weeks ago, I have been turning and turning again in my mind what I should say to you. It would be so much easier to say things if I knew you!
>
> Proud and full of pleasure I certainly am to know that a good man has had the courage to think of me as a possible wife. All the primitive instincts and desires of the heart, which neither physical disabilities or suppression can subdue, leap up within me to meet your wishes. Since my youth I have desired the love of a man. Sometimes I have wondered rebelliously why Fate had trifled with me so strangely, why I was tantalized with bodily capabilities I could not fulfil. But Time, the great discipliner, has done his work well, so that I have learned not to cry aloud for the spilled treasures of womanhood. I have come to feel that it was intended for me to live and die unmated, and I have become reconciled to my fate.
>
> I suppose if I were younger, I would snatch at the possibility of joy which your offer holds out to me. In youth we fly toward happiness, even when we know that we shall bruise our wings against the jagged edge of consequences. Beside gray hairs and wrinkles the years bring us caution.
>
> I wonder if you know the consequences of the triple affliction of blindness, deafness and imperfect speech. Perhaps you have received a strong impression of me from my books. What I have printed gives no knowledge of my actual life. You see and hear, therefore you cannot easily imagine how complicated life is when one has to be led everywhere and assisted to do the simplest things. Somehow your letter has made me acutely aware of my situation and the discomforts of it. I realize, as perhaps you cannot, the almost unthinkable difference between your life and mine.
>
> I have lived inwardly. My nearest friends tell me I know nothing about the real world. In some respects my life has been a very lonely one. Books have been my most intimate companions. My piled-up disabilities shut me out from the practical business of daily life. Do you not see that such limitations disqualify me for marriage?
>
> Your willingness to

(continued)


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Helen In Love

continued

marry me under the circumstances fills me with amazement. I tremble to think what an inescapable burden I should be to a husband. It is a noble gift you offer me—the treasures of a richly stored mind, intellectual companionship and the prospect of growing old with a generous, warm-hearted comrade. I feel a deep sense of chagrin that my own hands are so empty.

Now, dear friend—for so I shall always think of you, you have wished to be so kind. I would not have you imagine that I am a disappointed or unhappy woman. Temperamentally I am buoyant and hopeful. Through the darkness I always see a light—a bright star that no misfortune ever quite hides from me. In my effort to make you understand the seriousness of my disadvantages, I may have given you a wrong impression of my attitude toward life. Happiness is a condition of the mind, and has very little to do with outward circumstances. But with your proposal before me, I felt constrained to ask myself many questions as to my practical fitness to become a wife and, as I have frankly confessed to you, the answers set forth an appalling array of "disqualifications."

It is delightful to sit here and think of you as my friend—a frien who has reached out from afa seeking to light a new torch in m darkness. If my heart's wishes tak effect, we shall meet some day fac to face. Perhaps that moment is n far distant. That rests with you.

E was touched but unpersuaded. was too modest, too honest, he rep He was conferring no favors upon She was to him "a marvelous and be ful human personality. . . . It may deed, be true that your 'limitations qualify you for marriage' to the ventional mortal, but I have all my been reasonably free from conventi ruts." He well understood her desir become better acquainted. He was a ower who had been happily married 28 years. He enclosed a photograph o family, four girls and a boy of 15.

The next day he sent another sin spaced three-page letter. How could be sure what Fate intended for her asked. He was offering his hand, why take the chance? Helen's lengthy repl these letters underscored the unthink lity of considering marriage with a whom she had not even met. She knowledged that she was prey to po ful sex drives but the answer to them had learned, was work and sympathy.

Your two letters came, the firs ten days ago, and the other las week. Mrs. Macy read them int my hand. But you know the man ual alphabet is a slow affair at bes and I confess I felt a little vexe that I could not run away upstair with your letters and read then quietly by myself. You see what a advantage you have over me eve in this small matter. You can rea my letters as often as you choose while I must content myself wit hearing yours only once.

But as I think back over what yo said, I recall gratefully the generou vehemence with which you swep aside my limitations from you thoughts of me. You would shar every adventure, every hardshi with me, you would lead me t shining heights and distances afa beyond the reach of my mind's sur mise. Through your letters runs comradely spirit which attracts me.

Twenty years ago I might per haps have found this attraction irre sistible. But, dear friend, there are numberless sane certainties which I know that put marriage out of the question for me. No, it is not that I am afraid or distrustful. I know your intentions are generous and honorable. If I thought there was the smallest reason to expect hap piness for us both in the plan you propose, I should risk everything. But the idea of marrying a man whom I have never met is un thinkable. I shudder at the pros pect of marriage without love.

Your letters—your proposal—your expectations are *(continued*



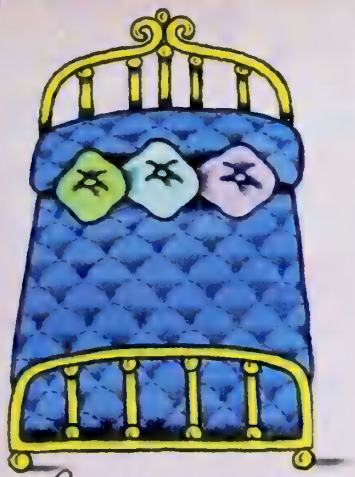
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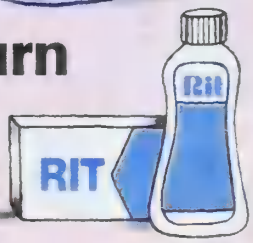


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EPE International

Helen In Love

continued

so many pebbles thrown into a little pool nestling placidly in the deep shade of a dark forest. I wonder if you can imagine what a disturbance you have created—how all the little wild sleeping creatures of the imagination have started awake, scurrying round the pool like so many rabbits, chipmunks and fieldmice! They are all wondering and guessing and conjecturing who the intruder is, what he is like, what his real motives are in seeking out the enchanted "Princess of the Dark Forest." But enough of this nonsense. It will not dispel the illusive fog of strangeness which hangs between you and me.

It is true, your photographs have been described to me. But it will take more than letters, more than photographs to lift the fog permanently. One fair and sunny day in the beautiful sometime, perhaps, we shall meet and clasp hands. In that "hand-picture" we shall know each other face to face, and the fog will have vanished forever.

In my first letter I told you that time had done its work well, and that I no longer cried for the spilled treasures of womanhood. I did not mean to imply a forced and melancholy resignation. Through the wise, loving ministrations of my teacher, Mrs. Macy, I faced consciously the strong sex-urge of my nature and turned that life-energy into channels of satisfying sympathy and work. I never dreamed of suppressing that God-given creative impulse. I simply directed the whole force of my heart-energy to the accomplishment of difficult tasks and the service of others less fortunate than myself. Consequently I have led a happy and, I hope, a useful life.

I shall always think of you as a special friend, and I wish you every good thing in the world. May you find a woman as true, kind and responsive as you are generous.

Please take my "No" as final. I shall be glad if you do not refer again to your proposal, but leave the matter where it now stands.

Although she had said no, she was not wholly uninterested in E's reaction, as her account of E's proposal to her sister Mildred hinted:

> Here's a news item that will make you open your eyes quite wide. I've received—a proposal of marriage from a very handsome widower in Kansas City. He said he had been interested in me for a number of years, and he seemed to think we would enjoy each other's companionship and grow old together happily. I wrote him that I was sure he didn't realize what it would mean for him to marry a woman so dependent upon the assistance of others as I am. He wrote back brushing all that aside, and saying that he thought we were "on the way to a great happiness." I reminded him that we are strangers, and I asked him please to regard my "no" as final. I returned his letters and photographs. I said, however, that I was very grateful to him for his brave thought of me, and that I should always think of him as a special friend. What will happen next, I wonder? Don't you dare tell Warren [Mildred's husband] about this—he would tease the life out of me.

E declined to be discouraged. He would not consider her no final until after they had met. He expected to come east in June for a Princeton class reunion and hoped to see her then. Pushing aside Helen's age, he stressed the joy of having a child of her own. His first letter to Mrs. Macy, he recalled, had said, ". . . of all women in the world she ought to be the last to fail in the attainment of the experience of the joys of motherhood. And, whatever be her own inclination on the point, it seems reasonably clear to me that purely on the grounds of eugenics she owes the world a child or *(continued)*

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Your "Tricksters" will love the delicious taste combination of rich chocolate and peanut butter. You'll love how easy it is to make this treat with Eagle Brand Sweetened Condensed Milk. Eagle Brand is a pre-cooked blend of milk and sugar—which adds a creamy richness to an endless variety of recipes. Eagle Brand and a few simple ingredients are the trick that turns this flavorsome Easy Peanut Butter Chocolate Fudge into magical treats you'll want to serve over and over all season long.



Easy Peanut Butter Chocolate Fudge

(Makes about 2 pounds)

1 (12-ounce) package peanut butter flavored chips
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated)
¼ cup butter or margarine
½ cup chopped peanuts, optional
1 (6-ounce) package semi-sweet chocolate morsels

In large saucepan, melt peanut butter chips, 1 cup sweetened condensed milk and 2 tablespoons butter; stir occasionally. Remove from heat; stir in peanuts. Spread mixture into wax paper-lined 8-inch square pan. In small saucepan, melt chocolate morsels, remaining sweetened condensed milk and butter. Spread chocolate mixture on top of peanut butter mixture. Chill 2 hours or until firm. Turn fudge onto cutting board; peel off paper and cut into squares. Tightly cover any leftovers.



Helen In Love

continued

two—even though *Who's Who* tells us she is past forty-two."

Helen loved children. No letter from a child ever went unanswered. Children meant so much to her that E's reference to her having a child was cruel and callous, although not meant to be so, for Helen was almost 43, and even if she had married, the probability of having a child was slight.

Helen ended the correspondence:

> Forgive me if I speak frankly. I feel that silence following my last letter to you would have been truly golden. An unusual and interesting episode would have ended in a dignified manner.
>
> I do not wish to appear ungrateful. Indeed I appreciate all your generous intentions, especially your long letter in Braille, which I know it must have taken you hours and hours to punch out. I had thought we might continue to write to each other occasionally on the basis of friendship. But now it seems to me better not to attempt a correspondence which would inevitably lead to misunderstandings. I do not want to marry you, and even if I did, there are excellent reasons why I should not. I confess, I felt a sort of pleasure and interest in your first letters, also a curiosity as to the personality of the man who has the courage to make such a proposition under the circumstances, but never for a moment did I consider the possibility of marrying you.
>
> I suppose I should have said this in the beginning without confusing my meaning with so many words, in which case this correspondence would not have continued so uselessly and been broken off so abruptly. No, please understand that I am content with my life as it is. To me it is full of wonders—absolute wonders, with God's Hand over all, even if I have missed some of the precious sweet fruits of life.
>
> Now, dear Mr. E, this is my last word on the subject. I have cleared up all doubts in your mind, and that you will do me the kindness to consider the matter as closed—irrevocably.

So far as one can make out, Helen turned E down before having met him.

E did call on Helen when he came east for his class reunion in June. But she said nothing to rekindle his hopes. A letter in Braille in mid-September, Helen did not even answer. In November he informed Annie by registered mail, "I am now in definite way withdrawing any and all proposals that I have made, or may be considered to have made, to her." **End**



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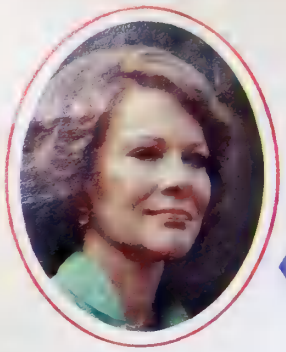
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ROSALYNN CARTER FACE-OFF

FIRST LADY DEBATE
President Carter's wife answers the Journal's 10 tough questions. (For Mrs. Reagan's answers, see page 111.)

It has been four years since I first interviewed Mrs. Carter for *Ladies' Home Journal*. Then the interview took place during the Democratic convention in New York City. This time, Rosalynn Carter met me in the Treaty Room of the White House. It was a pressured afternoon for her. After our talk, she was scheduled to speak at an Equal Rights Amendment reception and then later, she would appear with the President at an ERA dinner.

We talked casually at first about the practical household-running aspects of her life—at an early hour the next morning she was to leave on a trip with the President and Amy, and she was concerned about packing. (We both agreed that packing was much worse when there was a child coming along.) Then the discussion turned to the serious issues affecting her husband's administration. Deliberate and thoughtful in her statements, Mrs. Carter exuded a sense of commitment and dedication, which has been the hallmark of her four years in the White House.—LYNDA JOHNSON ROBB

LHJ: If you are First Lady in the next presidential term, are there any specific domestic or world causes with which you would like to be personally identified? What are they?
Mrs. Carter: I will always be interested in a broad range of causes. The only thing I know for sure is that I will continue to spotlight projects that can help to create what I call a more caring society. In my case, my interest in any new project usually develops as a natural outgrowth of my work in another. For instance, I have been involved in programs for the mentally ill, the elderly, the poor, women, refugees. My overriding concern has been that these are the most vulnerable persons in our society. In the coming months, I will focus on ways these groups are being helped at the community level—government cannot solve *all* our problems. I don't want to restrict myself by saying I will only devote myself to this program or that. The office of First Lady brings opportunity and responsibility and I want to keep my options open.

What is your personal stand on the Equal Rights Amendment?
The President and I strongly support the ratification of the Equal Rights Amendment, and we have worked very hard with a broad section of Americans to help pass this crucial amendment. In fact, I think my greatest disappointment as First Lady is that we have not yet reached this goal. I feel certain that this will happen—because it is fair and right to insure both men and women choice in all aspects of their lives. The majority of adults (56 percent) support the Equal Rights Amendment. National organizations, ranging from the AFL-CIO to Girl Scouts to the League of Women Voters and the YWCA, are all working to pass the ERA.

It is inconceivable to me that the Republican party, through its platform, rejected a 40-year-old tradition of support for the amendment. For the truth is that equal rights will never be guaranteed if we must await the change of hundreds and hundreds of statutes in every state.

The Equal Rights Amendment states simply: "Equality of Rights under the law shall not be denied or abridged by the United States or by any state on account of sex."

I certainly do not want the United States government to have the right to deny to me or to my daughter, Amy, or to my granddaughter, Sarah, equal rights under law. We must have this protection under the U.S. Constitution.

What is your personal stand on abortion?
I am personally opposed to abortion. The decision whether or not to have a child is a serious religious and ethical issue and a very private matter. Just as I do not favor a constitutional amendment to ban all abortions, I do not favor the allocation of federal funds for abortion, which in effect uses the money of taxpayers who strongly oppose abortion on moral grounds. I do believe that it is important to do everything possible through education, family planning centers and easier adoption plans to minimize the need for abortion.

What impact—for better or for worse—has the women's movement had on the last decade? What changes might it bring in the 80s?
I am very enthusiastic about the strength of the women's movement. In business, education, government and politics—in every aspect of our national life—there are increasingly significant opportunities for women. What pleases me most is that women from all walks of life and from all parts of the country are beginning to influence policy. They are acting upon issues that concern not only their own lives, their families and their communities, but also their nation.

As we move into the 80s, I think that a fundamental issue for women will be how to maintain this momentum.

Are you usually in agreement with your husband? And if you disagree, how do you attempt to change his point of view?
Jimmy and I agree and disagree like any other married couple. And, like other husbands and wives, we sometimes try to persuade each other to change a point of view. I don't think either of us would be content to agree, just for the sake of agreement, if we thought the other person was totally wrong. We talk things out, back up our arguments, and respect each other's opinions. In a deadlock, we know you win some and you lose some!

How do you handle disagreements with your children?
Since the boys are grown, and we are not with them as often as we used to be, our times are very special now. When we do disagree, we discuss the issue as adults. It is somewhat different with Amy. She knows she has certain responsibilities and that we expect her to meet them without being constantly reminded. When she has one opinion and we have another, she knows she can express herself without fear of punishment. But she knows also that what her dad or I say carries value.

If you were to name five people you admire most in our nation today (outside the political arena), who would they be?
I could never single out only five persons I admire from the many thousands I have personally met in the past few years. I would rather single out the qualities that I admire most in men and women: loyalty, patriotism, warmth, truthfulness, humor, good judgment, diligence and, above all, courage.

(continued on page 112)

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Mrs. Paul's recipe for Success

FISH AND RICE NAPOLI

1 pkg. (9 oz.) Mrs. Paul's Crunchy Light Batter Mild & Flaky Fish Fillets	1 clove garlic, minced
	¼ cup sliced ripe olives
1 bag Success Rice	1 can (15 oz.) tomato sauce
1 tablespoon butter or margarine	½ teaspoon oregano leaves
1 cup sliced fresh mushrooms	1 cup shredded Mozzarella cheese
¼ cup chopped onion	

Cook fish fillets and rice according to directions on packages. While cooking, melt butter in saucepan. Add mushrooms, onion and garlic; sauté until tender. Stir in tomato sauce, olives and oregano. Heat to a simmer. Empty rice onto oven-proof platter. Arrange fish fillets on top. Pour some sauce over. Sprinkle with cheese. Place under hot broiler for 3-5 minutes or until cheese is melted. Serve with remaining sauce. Makes 4-5 servings.



NANCY REAGAN FACE-OFF

FIRST LADY DEBATE
Governor Reagan's wife answers the Journal's 10 tough questions. (For Mrs. Carter's answers, see page 108.)

The Reagan home in West Los Angeles looks nothing like an austere log cabin, but this potential Western White House is simple, homey and unmanicured. There are now two government trailers for the Secret Service agents who guard the house parked in the driveway. There is a sign, handwritten by Mrs. Reagan, which says, "Please save empty soft drink cans in plastic bags." The garden and pool area is small and functional and, by contrast, very unlike houses in nearby Beverly Hills.

Affixed to the front door is a small Reagan family crest in black and yellow. "Actress Irene Dunne gave that to us years ago—it was handpainted in Ireland," Nancy Reagan says, in answer to our query, as she opens the door herself.

She is dressed in beige gabardine slacks, a beige, heavy-knit turtleneck, no jewelry except an antique-looking diamond wedding band and simple gold earrings. She has very little makeup on, but looks fresh and, as always, smaller than one expects.

As we settle down for our interview, she kicks off her shoes, curls up in a feminine ball and says, "Okay, ask away."—WILLIAM FINE

HJ: If you are First Lady in the next presidential term, are there any specific domestic or world causes with which you would like to be personally identified? What are they?

Mrs. Reagan: I'd like to continue one project I've been associated with ever since we were in Sacramento, while Ronnie was Governor—The Foster Grandparent Program. Older people "adopt" young people who are deaf, mentally retarded or, in some cases, juvenile delinquents. They seem to meld into one unit—the deficient child and the lonely older person. Both seem to gain stature from conquering those desperate feelings of being unloved and unwanted in life. I'm constantly moved by the results of the program. We have one woman in this project, a black woman, Pearl Williams from California who is 101 years old. She is probably the oldest foster grandparent in this country.

The other program I'd like to advance is drug rehabilitation. There are so many different drug rehabilitation programs that waste federal and state funds that I'd like to be helpful in funding one national movement that *works*. I'm impressed with the drug rehabilitation center in New York, Daytop Village. I've talked with some of the children there—would you believe that most of the drug addicts at Daytop *started* with marijuana?

What is your personal stand on the Equal Rights Amendment?

I am for equal rights for everyone, not just women. I'm for equal opportunity *and* equal pay *if* both men and women are equally qualified. But I'd like to see the ERA as a statute rather than an amendment. Changing the Constitution is a very serious act—a statute, on the other hand, is easier to amend.

What is your personal stand on abortion?

I'm against abortion on demand, *unless* a mother's life is in danger. Women ask me if I'm blind to the fact that a woman should have a choice in pregnancy. Being a doctor's daughter, I respect the fact that women want a choice—but the child they are carrying deserves that choice, too. Have you noticed that everyone in favor of birth control and abortion has already been born?

What impact—for better or for worse—has the women's movement had on the last decade? What changes might it bring in the 80s?

The 70s gave women a stronger role in our society. I'm told that 38 percent of all biological scientists, 42 percent of all editors and reporters, and 48 percent of all psychologists are women. I'd say that's progress. I don't know about the 80s. I hope things don't get out of balance. I get annoyed during interviews when the reporter, mostly women reporters, glare at me and say it's somewhat corny that I say my life began when I married Ronnie. I had had a career. I kept outside interests, but I wanted a family life. I still do. Corny? If it is, great—but let's not keep knocking it, or pretty soon we won't have much left to respect in life.

I think the women's movement will settle down in the 80s. I'm not for marches or placard waving. I think if we stopped giving all movements a "stage" on TV, there would be fewer "performances."

Are you usually in agreement with your husband? And if you disagree, how do you attempt to change his point of view?

We are usually in agreement on fundamental issues—I mean, we've lived together for 28 years. But like any married couple, we do have a squabble now and then. It used to be about children—now it's about how we approach a problem. When the kids were growing up, I was the disciplinarian, the spanker, Ronnie wasn't. He always has been more tolerant than I. I mean, even now when people disappoint us, he tolerates much more than I do. I become withdrawn, and a little voice within says, "beware." That's when some people think I'm being standoffish. But it's really a form of self-protection for both of us. Ronnie seems to get the message by my actions. But, as far as trying to get my point of view across, I do that in private—and we've had a few "sizzlers" in those 28 years.

How do you handle disagreements with your children?

I think I partially covered that in my last reply. But when your husband runs a state, or any large organization, and people dump their problems on his doorstep—I think you [the wife] have to try to settle family problems for the pair of you. And I also believe an environment of discipline settles a lot of problems before they happen.

If you were to name five people you admire most in our nation today (outside the political arena), who would they be?

Well, you said "in our nation," but I have to insist on the Pope as #1. As #2, I would probably say, Dr. Jonas Salk, because of my medical heritage; Beverly Sills; James Cagney (do you know what a sensitive painter and poet he has been all his life?); and Mikhail Baryshnikov—such a talent!

Why do you want your husband to be President of the United States?

Because what he stands for is as close to absolute integrity as anyone *(continued)*



ROSALYNN CARTER

continued from page 108

Why do you want your husband to remain President of the United States?

I want my husband to be re-elected President of the United States because he is the right person and the best person to lead our country in the coming years. Nearly four years of experience have equipped him to understand government, the complexity of domestic issues, foreign affairs and to form close working relationships with foreign leaders. His experience allows the American people to depend upon his ability, his courage, his steadiness, which have already been demonstrated in times of crisis.

He has been faced with difficult decisions, and he has made them, sometimes at political expense, because he knows simple solutions, easy answers and slogans are unrealistic in the 80s. He has great plans and programs for America and we need time for them to work. We have not had a two-term president since Eisenhower. We have a chance now for continuity so that we can finally solve the chronic, long-ignored problems that have plagued us for so long.

How do you define the role of First Lady today, and do you think it has chan recent years?

I do not think the role of First La be neatly defined nor do I think necessarily changed in recent year ery First Lady in history has had di drives and aspirations. Every First has contributed something unique history of the presidency. I think always be—and should be—this wa an exciting and challenging positio unlimited opportunities.

Name the five concerns or issues th believe are uppermost in the mi American women today.

1. Women today are concerned their families, their children and loved ones. In spite of new lifesty believe that a majority of them co the family a place to grow, to finc port; the best place to learn our and values and spiritual beliefs.
2. Women are concerned about m ends meet and economic security i years.
3. We want a good education fo children—we want better things for than we had for ourselves.
4. Most of us are concerned about ity—equality in opportunity, in rel ships, in the job market and in the
5. And, above all, we want peace.

NANCY REAGAN

continued

I've ever known. He is a strong man, strong enough to be gentle. He is principled; he can communicate hope and leadership. He acts as a catalyst for bringing top people together, and then shrinks from taking the credit. He has a little sign on his desk that says, "There's nothing that can't be accomplished if you don't care who gets the credit." He is quietly religious. I mean, he doesn't talk publicly about his spiritual belief, but he prays a lot. I know, I do, too.

How do you define the role of First Lady today, and do you think it has changed in recent years?

It's hard to define a First Lady because they have all been so different. Take Eleanor Roosevelt and Bess Truman—one out front, one in back of her husband, both effective in their role. It's still a very "iffy" question, but I guess I would be Nancy Reagan—someone who tries to help people look up to their leaders again. Some of that has evaporated in the last decade or so. I might also try to add some style to the White House again—not in a fashion sense, but in a lofty sense. Why shouldn't the White House be on a hill in people's minds—both here in the U.S. and abroad?

Name the five concerns or issues that you believe are uppermost in the minds of American women today.

I think American women think abo same issues, and problems, that do—maybe for different reasons:

1. Inflation—trying to run a hous on less.
2. Foreign policy—will my son ha go to war?
3. Crime—it scares women wh alone.
4. Moral decline—People have tend think about religion less in recent but I get the feeling young peopl coming back to church. I see the larger numbers every Sunday.
5. Unemployment—Although more en in the labor force probably m recession a little harder on men, I you have to cling to the principle whoever does the job best, deserve job. But these days, both women and are starting to worry about job secu

And I personally worry about the ily unit. I think I'm obsessed with ing our family together. It's not eas when we do get a night off, that th always seems to be part of our versation. Ronnie used to teach S school—so did his mother—and he t of it as more than religious educatio sees it as "family education," too. dren tend to drift without parental ance. Part of our "national drift" i diminishment of family communic Maybe we don't work hard enou keep families together. Strong fa tend to uplift national pride, don' think?


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A SPECIAL JOURNAL REPORT



Has our country been hit by a "trust recession"? How did it happen?

TRUST IN AMERICA

How deep does it go? In whom—and in what—*can* we trust?

By Coralee Leon

"I believe in this country," says eminent newscaster Walter Cronkite. And, according to a recent *Journal* survey, American women believe in *him*. But what about other individuals and institutions—do they command our confidence, too?

With the start of a new decade, the *Journal* decided it was time to find out. So we asked our readers to tell us what *they* thought—whom they trust, whom they don't—through an informal series of surveys and interviews around the country. First, using modern mail-research techniques, we sent out 1,000 questionnaires to randomly selected *Journal* subscribers. Then we held group discussions with homemakers and working mothers in three states—California, Massachusetts and Missouri—and interviewed college women on the campuses of four major universities. Finally, to tap the views of the younger generation, we visited five elementary schools, where children aged eight to 11 offered their funny, wise and often stunning insights.

What our research revealed was a *desire* to trust—still an enduring aspect of the American spirit—but also some troubling symptoms of disillusionment. As Mr. Cronkite told the *Journal*: "We have great natural resources—including our people. But there is an undercurrent of malaise. And in order to cure it, we must admit what the polls indicate and all our personal experience confirms—that there has been a *recession of trust* in the United States."

Here are some of the highlights of our survey:

- *Are you trustworthy?* Yes, said four-fifths of the readers polled. Fewer of them—though still a healthy 75 percent—believed that they could trust others.
- *How has your trust increased?* Two out of three women *(continued)*

Illustrations by Yook Louie

responded that their faith in God has grown over the last ten years; one out of three reported their increased confidence in computers.

- *How has it declined?* Our survey showed a serious erosion of trust in government, business and nuclear power plant operators.
- *Who is more trustworthy on the job—men or women?* Over half the women surveyed trust both sexes equally in most professions, although they still prefer their electricians, airline pilots and police officers to be men.
- *Which film or TV star do you trust most?* Sally Field and Alan Alda came out on top in this category.
- *Which people or institutions in your community do you need to trust?* Doctors headed the list, followed by pharmacists, clergy, lawyers and employers.
- *Whom do you trust most in your family?* Most wives named their husband first. But, apart from their husbands, when women compared their feelings toward other relatives, they tended to trust mothers more than fathers, daughters more than sons, sisters more than brothers. Children are apt to have greater confidence in adults—mothers most of all—than in their peers.

Some of our findings may surprise you; others may mirror your own feelings. They may rouse your anger or raise your hopes. Perhaps they'll even inspire you to action. But they will not leave you unmoved, for there is one belief that all American women seem to share: Trust is a precious commodity, well worth whatever effort is required to increase its presence in our lives.

Our trust barometer—rising or falling?

When we asked women how their attitudes had changed over the last ten years, the statistics told a dramatic story. Apart from family and friends, only two categories—God and computers—registered a rise in confidence. In almost every area, moreover, readers speculated that the trust level of other people had dropped even lower than their own. The figures are shown in the box below.

Why this erosion of trust in major governmental and corporate institutions? Some women believe our own complacency is to blame. "We got into this mess because middle-class people like us just didn't care," said Patti Zecchi, a homemaker who participated in our Wilbraham, Mass., discussion group. "Things were going great—our incomes were increasing; every generation was better than the last. We didn't have to be involved." Others argue that there is good reason for skepticism: Big business has become too profit-motivated and bureaucratic institutions too unresponsive to our needs. But Mr. Cronkite, who has anchored *The CBS Even News* for 19 of his 30 years with CB takes a broader perspective: We frustrated, he says, because we do seem able to realize the Great Am ican Dream.

"World pressures are enormou he told the *Journal*. "We are longer our own masters because the energy problem. Where once was easy to move on when we w dissatisfied with what we had, it's easy anymore, and so opportunit to express the American spirit limited. When things don't seem be working, we blame the manage We clutch our own, and reach out make sure we're getting our piece the diminishing pie. We're incline perhaps, to cheat a little. And lose trust in one another."

We found a perfect illustration this point with our discussion gro in Columbia, Mo. "Listen to soc conversations at tax time," s homemaker Debbie Pape. "'Did y report this? Did you report that?' as if society expects you to get aw with as much as you can. And seems the government expects pe ple to try."

How Trust Has Changed

	Net increase or decrease in: How much women trust	How much women think others trust
God	+60	+ 3
Computers	+ 2	− 4
Doctors	− 7	−30
TV news coverage	− 9	−17
Drug manufacturers	−29	−37
Appliance manufacturers	−35	−40
Newspapers	−39	−40
Food manufacturers	−40	−51
Aircraft manufacturers	−41	−55
Economists	−41	−55
Advertising	−48	−47
U.S. courts	−54	−67
The President	−55	−75
Nuclear power plant operators	−60	−85
State government	−64	−74
Auto manufacturers	−71	−76
Congress	−81	−83

(Note: net increase or decrease equals the percentage of women who replied trust had increased over the past ten years *minus* the percentage who replied trust had decreased.)

The LHJ Most-Trusted Li

(Survey voting by LHJ readers in Spring, 1980)

Most trusted newscasters:	
Walter Cronkite	40%
None	31%
John Chancellor	5%
Dan Rather	4%
Most trusted film or TV stars:	
None	36%
Sally Field	4%
Alan Alda	4%
Jane Fonda	3%
Most trusted writers or columnists:	
None	47%
Jack Anderson	11%
Ann Landers	8%
Erma Bombeck	7%
Most trusted religious leaders:	
None	36%
Pope John Paul II	26%
Billy Graham	6%
God	3%
Most trusted political leaders:	
None	43%
Gerald Ford	11%
Jimmy Carter	10%
Ronald Reagan	4%

The two faces of trust

Trust, as readers suggest, has two asic facets. In some instances, you ight be particularly concerned, ey say, with a person's *moral aracter*—a counselor at your ughter's summer camp, for in- ance, or the co-worker in whom ou want to confide. In other situa- ons, though, you may be concerned ily with someone's *abilities*. "When n considering surgery, I'm not ally worried about whether my octor cheats at golf or on his wife," marked counseling psychologist id De Pauw at our Columbia, Mo., oup. "I am, however, passionately terested in how good he is with at knife."

When it comes to selecting politi- l leaders, many women believe that th sorts of trust are essential, but t always easy to find. Too often, y feel, their faith in government s not been justified. Why, they , shouldn't they be disillusioned?

Mr. Cronkite sympathizes: "We see e yielding of politicians to special- erest groups when they know in ir hearts that side of the issue can't be right," he comments. "And this has to considerably erode their trust factor. You see the same things with business. I think the whole consumer movement is an obvious result of declining trust."

Indeed, some of the women in our survey seem less and less inclined to bestow blind trust. Instead, they try to gather information from several sources before making up their minds on any issue. "Inquiry is our only safeguard against the possibility of unscrupulous leaders," said Tanya Stuart, a junior at the University of California at Berkeley. "If that means sacrificing a little trust, it's a trade-off we must make." Some women do give government and business leaders the benefit of the doubt. After all, our leaders are only human, they say, and can make mistakes. That's a realistic view, Mr. Cronkite concedes, but perhaps a little too generous: "I think there's far too great an acceptance of the idea that people aren't perfect and therefore you can't expect the product to be perfect. I think we should be seeking perfection."

(continued on page 215)



WHAT FOURTH GRADERS SAY

"Trust is having your sister keep your allowance for a week."

"Trust is knowing that your friend won't tell your secret."

"Trust is eating your sandwich under a group of seagulls."

"Trust is that you know the police will take care of everything when something goes wrong."

"Trust is knowing your parents won't take money out of your bank account."

All quotes are from the Mountain View Fourth Grade, East Longmeadow, Mass.

Whom college women trust
(listed in order of most to least trusted)

eachers
he post office
octors
onsumer advocates
irlines
awyers
etail stores
ospitals
ne President
rug companies
epair services
ower companies
ne State Department
ongress
ne Pentagon
g corporations
olitics
ar companies
V advertisers

Whom do kids trust?
(results of informal classroom surveys)

	Most Trusted	Least Trusted
Entertainment	Kermit the Frog	Johnny Carson
News	Walter Cronkite	Howard Cosell
Sports	Dorothy Hamill	Muhammad Ali
Government	The police	Ayatollah Khomeini
Commerce:	Ralph Nader	TV advertising
Personal:	Mother	Dentist

The Old Neighborhood

By Avery Corman
Author of
"Kramer vs. Kramer"
and "Oh, God!"

Can we, should we, go home again? A great American author explores this haunting theme for his sure to be best-selling new novel. Here, read his special introduction to our stirring excerpt.

I offer you the first chapter of my new novel. After completing *Kramer vs. Kramer* I had the idea that I might use something of my early background in my next book. One afternoon I went back to The Bronx, in New York City, to a park where I had once played as a child.

The park looked very much as it did back then, but I had changed, of course, and the world had changed. Suddenly, I found myself with tears in my eyes. Standing there, in my old neighborhood, I experienced a deep sense of loss—of a unique place in my life, of a time past, of an innocence. The specific ways I had changed and the world had changed were also part of what I was feeling, and I knew, as a writer, I had to confront these feelings and write about them.

So the novel had its origins in my childhood park. That was where I once ran with a friend, each of us holding a bag of salt, trying to throw the salt on the tails of sparrows because we had heard that you could catch a bird if you could throw salt on its tail. An older boy asked what we were doing and told us gently, "It's just an expression. It means if you can get close enough to throw salt on a bird, you can catch it." But for a few moments in that park, innocently, I thought I was capable of magic. I first flirted with a girl in that park and when I had a "real" girlfriend it was important for me to take her there. Years later, as a middle-aged man, it was important for me to go back there again.

I think many of us have a park like that in our lives, or a place like that, or a time like that. I have set this in New York City, but I believe it could have been located in any number of places and still would have been accurate as to a sense of loss. In the years since World War II we have lost the uniqueness of our neighborhoods, our home towns, our main streets. Americans have been on the move, people have abandoned the cities for the suburbs, rural areas for northern cities, the north and midwest for the sunbelt. We have left our homes for newer homes, for newness.



We are linked by the interstate highway system now and fast food chains. Regional distinctions have vanished. Our cities and towns do not even have distinct boundaries, they sprawl into one another, connected by drive-in businesses. Our airports look alike—if the captain did not tell you, you would not know in which city you had arrived. We have less commerce with local merchants than we do with impersonal shopping centers, shopping plazas, shopping malls, interchangeable from state to

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state. We could be blindfolded and placed in any of thousands of shopping center parking lots across the land, and when the blindfold was removed we would not be able to identify where we where—and yet we could feel right at home. But is it home?

It was different once. The places we came from had color and resonance. We were not surrounded by strangers.

The novel I have written is about a person who comes to recognize this difference and tries to change the direction of his life. It begins in another time, in a place, as I have learned, that still has powerful claims on my memories.

NOW, THE EXCERPT:

To be ten years old in 1944 was to know one's place in the war effort, to collect scrap paper for the scrap paper drive, save Minuteman war stamps, and memorize the silhouettes of enemy aircraft, then crouch on the roof of a building at twilight hoping to spot a Stuka before it could strafe the neighborhood.

We lived in the Kingsbridge Road-Grand Concourse section of The Bronx in a red brick building on Morris Avenue. Flamingos caroused on the wallpaper in the lobby and art deco nymphs were painted on the elevator door of "Beatrice Arms," named *(continued on page 194)*

Illustration by Chuck Wilkinson



MAKEUP MAGIC

The way you make up—day or night—depends on the time you spend . . . and the occasion. Here, two models (one fair-haired—these pages, one dark—later on) show off four looks, from active to all-out glamour. You'll discover plenty of tips, devised with the help of makeup pro Martin Downey, on how to work magic with autumn's prettiest shades. By Maureen Lynch, Health and Beauty Editor.

Photographs by Jim Houghton. Makeup throughout by Martin Downey.
Hair by Charles Fremolaro of Roger Thompson Associates, New York.

FRESH

The right way to start a day—a nutritious breakfast, quick glance at the news and a basic 5-minute cleansing routine. If you're fair of face and hair (as our blonde here), you probably have drier skin. No matter, always begin with well-cared-for skin (clean, smooth). Think fresh!

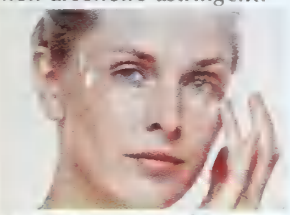
Camisole by Loré Lingerie



Dry or delicate skin will respond well to lightly applied cream or lotion cleanser. Use 3 fingers for big sweeps.



Follow by tissuing off cleanser, rinsing with a mild, non-alcoholic astringent.



Final step: a good heavy-duty moisturizer. Take special care to dab on in dots around the fragile eye area.



Casual

If you're dashing on to the tennis court or off to the market, light makeup is all you need (or have time for). Objective here is a bit of definition, just enough to face your partner or the public. Tip: Look for makeup that sports a sunscreen. Here: Liquid Makeup in "Cream Beige"; Moisture Whip Creme Blush in "Earthwood"; Fresh Lash 24-Hour Mascara, black; Moisture Whip Lipstick in "Peach Mocha"; all by Maybelline.

Blouse and sweater by Pat Ashley for John Meyer.



Study your face in a mirror and locate the spots that look a little red and/or blotchy. That's where you put dots of foundation, left. Then gently blend with your fingertip, right, until skin looks smooth, flawless.

Dot, dot, dot blusher under cheekbone, edge of browbone. Double blusher as eyeshadow.

Flick on mascara, holding wand horizontally on top, vertically for lower lashes.

Slick on a light lipstick or tinted gloss for a touch of color and protection.



SPECIAL

Day into evening—more spirit and style for times when you go directly from office (or committee meeting) to dinner. Add emphasis. Special appeal comes from deepening eyes, cheeks, mouth. Make a statement with intense (but not bright) colors, such as: Maquiriche Cremepowder Eyecolour "Pewter", Maquiblush "Cedar Rose", Le Crayon Lip Contour "Plum", Maquiglacé Le Stylo Shining Lipcolor "Sucré". All, Lancôme.

Suit by Charlotte Ford Suit Company.



Finely line with blue pencil, then apply muted shadow on the outer top half of lid. Round corner onto outside lower lid for wider look.

Blusher goes deeper in color, under bone, blends smoothly up over crest.

Work with lip pencil for a clean line with staying power.

Fill in mouth with lusher lip color. Finished makeup look is polished, attractive, but not overpowering.



Gala

Abandon all timidity. . . . Here's unabashed glamour for a black-tie event. Magic tip: If you choose a slightly lighter foundation for evening, it tends to dramatize the rest of your makeup . . . following the same principle as priming a canvas before painting. Be adventurous with: Professional Eyecoloring Stick "Plum Kohl", Colorfrost Eyeshadow "Sugarloaf Pink", Super Lustrous Lipstick "Saturday Night Red." All, Revlon.

Fashion by Bill Blass.



Deep charcoaly pencil goes under browbone, out in a wing. Too strong is just right! Soften by blending with cotton tip or finger.



Put highlighter in center of lid, up under brow.



Same highlighter (rinse applicator) rims edges of lips, adds strange and wonderful shine.



Line lips with pencil, fill in fully with high-voltage color. Result: deliberately dramatic for eventful nights.





MAKEUP MAGIC

The beauty of makeup is that it can make changes. Brighten skin, bring out eyes. Play up what's best, play down what's not. To show you how, here, a brunette goes from basic to big-evening. . . .

FRESH

Even if you're racing against the morning rush, save a full five minutes for a cleansing routine. Oily skin usually goes along with brown eyes and dark hair, as seen here. Proper cleansing halts oil buildup, cuts down on breakouts. One plus for excess oil: skin wrinkles less, ages more slowly.



Work up sudsy lather, lift off soil. Rinse thoroughly, then rinse again.



Model's trick: slide ice cube all over to reduce puffiness, retard oil ducts. Also, provides a fresh feeling.



With oily skin, you may need moisturizer only on drier perimeter of face. Avoid greasy "T" zone of forehead, nose, mouth.



Casual

Moving up and out in the morning (scouting the supermarket, whatever) takes a quick makeup touch. Be light-handed; no excesses. Smooth over skin tone, dab on a color or two. Textures, here, are sheer, just to bring features alive: Superglow Under Cover Eye Foundation "Medium", Superglow Powder Blush "Rosewood", Acti-Vita Emollient Lipstick "Cider Berry". All, Germaine Monteil.

Sweater by Liz Claiborne.
Blouse, Pat Ashley for John Meyer.

Deep-set brown eyes benefit from a light foundation (or concealer) dotted in a ring around the eye. Gets rid of dark circles, brightens the "smudgy" look.

For accuracy, blend in with a cotton swab rather than fatter fingertip.

Brush blusher under bone (left). Note: Use a powder, not a cream, on oily skin. Extend blusher up over the temple (right), under brow to serve as eyeshadow.

For faint color, dot lipstick on, blend in. Looks fresh, takes seconds.



SPECIAL

Today's working look, whether "work" means promoting a product or organizing a fund-raiser, calls for versatility. To be able to slide from afternoon meeting to the theater at eight. Key: Go deeper into color, paying special attention to eyes, mouth, such as: Revenescence Eyeshadow Trio "Manhattan Brownstone", Superior Lipcolor "Absolutely Red", Protective Nail Color "Crimson With Clout". All Charles of the Ritz.
Fashion by Charlotte Ford Boutique.



Dust a deep but subtle eyeshadow under browbone (left), more on outer corner, to signal eye shape. Brush same powder on brows (right) for added definition.

Three-step way to freshen, deepen lipstick: Blot old color on tissue without rubbing or smearing.

Pat lips with face powder in transparent or light tint for matte finish.

Apply new clear color with a lip brush, carefully handling the outside edges. Finished look is polished, authoritative—and easy to do.



Gala

For those dream-maker nights when you get dressed to the nines, take a deep breath and go for drama. The newest makeup colors are far from wallflowers—a brilliant palette of pinks, blues and violets. Coming across loud, clear and glamorous: Eye Duetta Brilliante "Kohl Underglaze/Ameythyst Shimmer" and Lumina Eyeshadow "Blue Brilliante," Lumina Radiant Moisture Lipstick "Opalescent Glaze." All, Princess Marcella Borghese.

Fashion by Oscar de la Renta.



New way to apply color: vivid pink in center, up under brow; purple-blue on inner edge, outer corner of both lids. Blend for flow.



For extra sparkle, line inside rim of eyelid with a soft pencil. Gently.



Color lips with one of the soft yet shocking pinks. Line first, then coat with several layers for a light-catching effect.



Callie Stone was generally considered to be both attractive and sensible. Those who had known her as a girl agreed that she was more attractive now, at 27, than she had been then. She had grown out of a certain boyish legginess into slim grace. Maturity had softened the sharp angles of her face. Achievement had gentled the challenge in her dark eyes. Yes, certainly more attractive now.

More sensible as well? Callie herself would have said no. At 20, say, she had been still a bit coltish, a late bloomer, but certainly sensible. Very sensible indeed. That was the year she had started as a receptionist at Warnecke and Wadsworth—or "Double Doubleyou," as it was called in advertising circles. She had not wanted to be a receptionist, but she had sensibly accepted it as a way to break into a large agency. Two years later she had been writing copy, which was what she had had in mind in the first place. A career in advertising. No commitments except to her work.

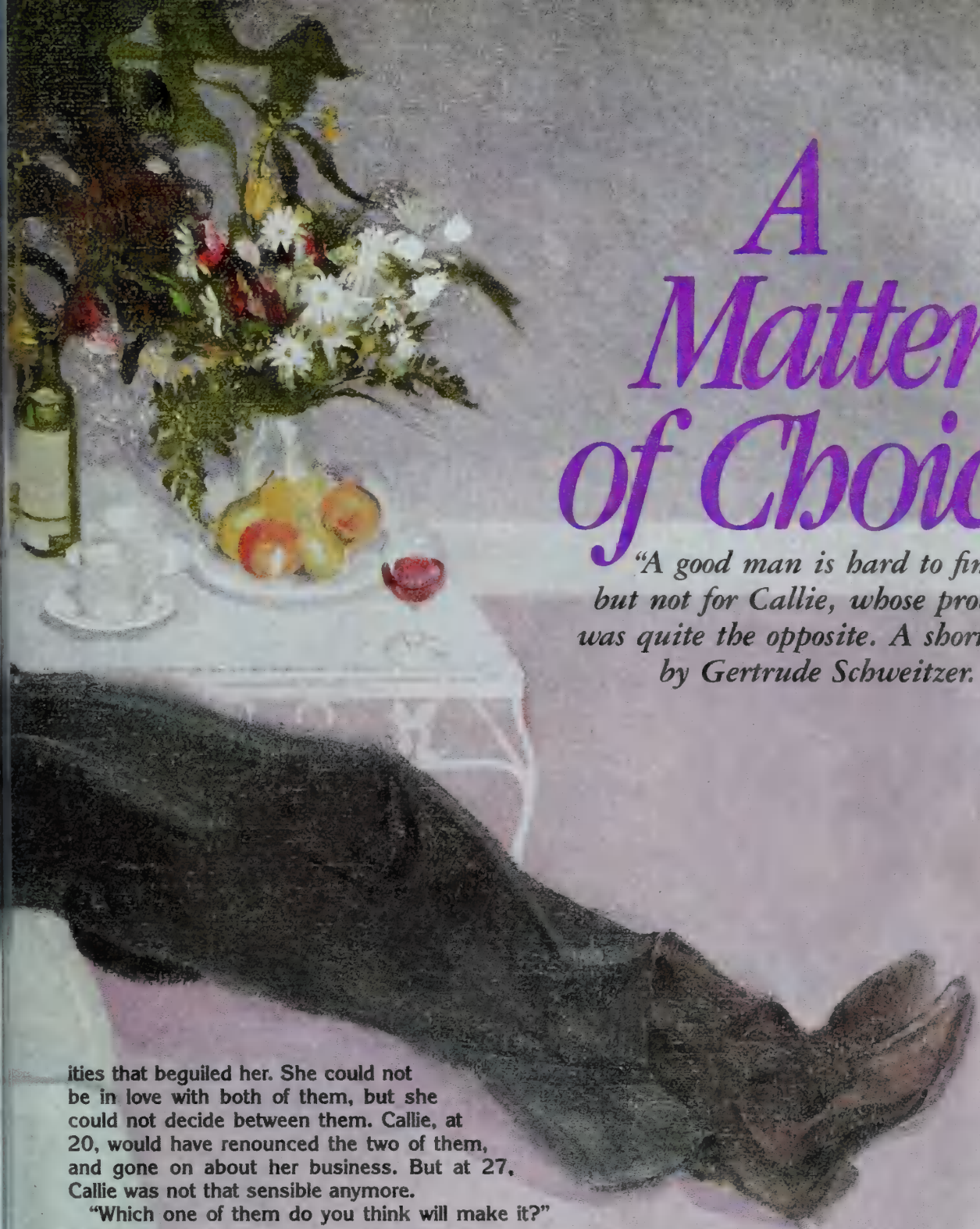
"But don't you ever want to get married? Have children?" her mother had wailed. "Lead a normal life?"

Callie, watching the train to New York grow big on the tracks, had given her mother a quick, impatient hug. "Oh, Mother, that's only one way to lead a normal life. My way is something else."

"I hear some women have it both ways," her father had said. "You could do that. One thing's sure, you've got the energy for it."

Sensible, 20-year-old Callie had shaken her head. "One or the other would suffer. If I'm going to be a real success, I have to be single-minded."

Oh, no, she was not as sensible now. Not at all. Now she was actually thinking of making a commitment. Now she was enchanted, beguiled, bewildered. Most of all, bewildered. Because there were two men, and Callie did not know to which one she would consider making that commitment. Sam had qualities that enchanted her. Richard had qual-



A Matter of Choice

"A good man is hard to find"—but not for Callie, whose problem was quite the opposite. A short story by Gertrude Schweitzer.

ities that beguiled her. She could not be in love with both of them, but she could not decide between them. Callie, at 20, would have renounced the two of them, and gone on about her business. But at 27, Callie was not that sensible anymore.

"Which one of them do you think will make it?" Edna asked her.

Callie was getting ready to go out to lunch. She opened a drawer of her desk and felt for her handbag, taking an extra few seconds to adjust her expression. If Edna, who was the departing copy chief's secretary and a relentless gossip, had guessed that Callie was torn between Sam and Richard, everybody would know.

She raised a bland face. "Which of whom?" she asked. "Make what?"

"Oh, Callie, don't you ever know what's going on outside of your precious accounts?" Edna lowered her voice. Her small, bright eyes darted to the other end of the room, where Sam and Richard sat at their desks. Callie thought she looked like a clever, aging chipmunk. "Richard and Sam, of course. Which one do you think will be the new copy chief? I'm taking bets."

Callie laughed. "I don't know, Edna. I haven't given it much thought."

She had, of course. They had both mentioned it. "I want it very much," Richard had said. "I shouldn't tell you that, should I? Now if I don't get it, you'll feel sorry for me." Sam had shrugged it off. "What's the use of talking about *(continued on page 218)*

Illustration by Robert Baxter

The Whole Kit & Kaboodle

GOOD DESIGN AT CRAFTY PRICES



NOW YOU CAN MAKE A CHAIR AND OTHER FINE FURNITURE REPRODUCTIONS FOR YOUR HOME. HERE THE COMPONENT PIECES IN KIT FORM OF A CIRCA-1740 CHIPPENDALE ARMCHAIR.

IF YOU LOVE THE LOOK OF FINE ANTIQUES BUT CAN'T AFFORD TODAY'S HEFTY PRICETAGS, TRY YOUR HAND AT MAKING AN HEIRLOOM. FURNITURE KITS, ALTHOUGH NOT CHEAP, ARE A REAL SAVINGS OVER GENUINE ANTIQUES OR GOOD REPRODUCTIONS. PLUS THEY'RE STURDILY BUILT AND OFFER IMMENSE SATISFACTION. THE WORK DOESN'T REQUIRE ADVANCED CARPENTRY SKILLS, JUST LOVING HANDS (AND PATIENCE) TO GLUE, SAND, STAIN AND RUB THE WOOD TO A WARM GLOW. BY JOAN TULLY, HOME EDITOR.

Kit-making is a catching hobby. Once you've finished one, it's easy to end up with a roomful, as shown in the bedroom below. No special tools are needed; prices vary, according to wood. Check if stains are extra. Pro tip: count pieces first, then assemble completely before gluing. Starting clockwise: Block-front desk, a Chippendale reproduction, comes in mahogany with brass hardware. Nearby, finished mahogany chair (in pieces, opposite page). In the corner, a handkerchief (or game) table. When opened, it's large enough for card-playing or dining. Small bench, also in Chippendale style, can be covered in any fabric. All from the Bartley Collection. The graceful four-poster bed, simple to make, has pumpkin pine headboard, posters of maple. On the wall, a plain Shaker pegboard. Both, Cohasset Colonials. Bedside table is a replica of a 1780 cabinetmaker's sample chest; from Rollingswood.

Photographs by Allen Vogel. Bedcoverings and curtains, Vogue Pattern #2334. Fabrics by Greeff. More information on kit catalogs, page 220.



GOOD DESIGN AT CRAFTY PRICES

INSTANT DECORATING WITH "KNOCKDOWN" FURNITURE. BUY IT, BRING IT HOME, SET IT UP AND PRESTO! YOU'VE GOT A TERRIFIC NEW LOOK AT A BIG SAVINGS.

Everything in this casual and very comfortable room is based on the do-it-yourself concept. The furniture, called knockdown, lifestyle or put-together, gets packed in a box (insert below), stacked in the store. All you have to do is carry it home and follow easy instructions. Most pieces require nothing more than a screwdriver or wrench; often the needed tool is provided. Without high labor, freight or delivery costs, the prices come in at about 30-50 percent lower than ready-assembled furniture. Other consumer bonuses: no waiting time, instant gratification, good, clean designs. You can set up everything from the wide-waled corduroy sofa to the open hutch to the sleek dining table in no time flat. Even the flooring here was quickly given a fresh look with ready-to-set tiles (Armstrong Place 'n Press). You can find knockdown furniture in specialty shops or houseware departments of larger stores.



For shopping information, see page 220.



Fashions That Work!

American working women ask more from fashion than just good looks. A new survey by Celanese Fibers found it's equally important that clothes are practical, comfortable, affordable and reflect the right self-image for *your* job. Shown, latest looks that work wonders! By Trudy Owett, Fashion Editor.



That friendly voice on the line in Downers Grove, Ill., may belong to Linda Baab, a long-distance operator with the Illinois Bell system. Because she's plugged in and "chair-bound" most of the day, Linda looks for comfortable clothing, favors wine colors. Here, she's in a plumberry blouse with a band collar ($21) and plaid A-line skirt ($20). Both by Russ in Fortrel blend knits.



School days offer bright ways to express individuality. "Since I'm a role model for the kids, I like to look upbeat, cheerful," explains Diane Moravec, a learning-disabilities teacher in a Jefferson County school (Denver, Colo.). Diane leans toward "pretty, preppy" clothes with plenty of mobility. Example here: this easy-going rugby dress with bold stripes and white collar, cuffs, $52. By Patty O'Neil, of Fortrel/wool knit.

Photographs by Joel Baldwin. Hair & makeup: Diane Moravec, Lynn Gulje and Anne Eason by Martin Downey; Linda Baab and Ena Warmington by Reggie Wells; Doris Sassower by Jac Colello.



Expert in family law, Doris Sassower (known as the "mother of joint custody") has been a pioneer writer/speaker/reformer in changing attitudes about relationships after divorce. Fashion-wise, though, this New York attorney is a conservative. "A woman lawyer has to project a professional image," she maintains. And adds, "I like woman-tailored suits, a put-together look." This one's classic with a contemporary touch. Black velvety cardigan jacket with braid trim (Arnel triacetate, $70), ruffly high-collar blouse (Fortrel crepe, $40) and Scotch plaid pleated knit skirt (polyester/wool knit $56). All, Act III.

Did you know that whether you live in Peoria or Pasadena, your fashion needs are the same? A new survey proves women in the same occupations have amazingly similar tastes, wardrobe needs across the U.S.A.

From Tibet to Timbuktu . . . Lynn Gulje owns and manages a travel agency specializing in exotic itineraries (Adventure Travel, Santa Barbara, Calif.), wings off to faraway places each month in pursuit of the perfect vacation spot. Her favorite day look: simple, timeless. Here Lynn wears a freewheeling shirtdress with dirndled skirt, sporty belt. By Gloria Vanderbilt for Jonathan Logan, in Fortrel/cotton knit, $70.





Her title is "Supervisor, Fixed Assets—Accounting," which means Ena Warmington, at Avon's New York office, handles that section of accounting worldwide. Highly visible, Ena dresses attractively, appropriately. "I lean toward sober colors, knits," she says. Here Ena's in a fitting look: gray-trimmed cardigan and short-sleeve blouse in loopy chenille knit (Fortrel/cotton) and gray pleated knit skirt (Fortrel). By Marty Gutmacher, $68.



Ready, set, action! In a job charged with excitement, Anne Eason writes and produces on-air promotion spots for WSB-TV Action News in Atlanta, Ga. Says Eason, "During a day in the studio or out shooting, I need clothes that are easy to work in . . . no tight, straight skirts or delicate blouses for sitting on the floor with my scripts or climbing around adjusting props." Here's Anne on the news set with clipboard and stopwatch in hand, showing off a front-pleated jumpsuit in Arnel SuperSuede, by Tracy, $62.



Clockwise from above: Crown Roast of Pork (16-rib), a glorious party-splurge with orange-gingery sweet potatoes and crunchy red apples. • Pork-in-Apples, ground pork and raisin bread cubes, cupped in apples with a spicy apple-juice sauce. • Pork en Brochette, a lineup of pork chunks (marinated in apple brandy and thyme), white onions, little lady apples.

Photograph by Irwin Horowitz
Metal platter from Hammacher Schlemmer

Pork & Apples

A blaze of red leaves, a snap in the air—it's time for pork and apples, hearty fall fare. Succulent meat, ranging from budget ground to a lordly high crown, couples beautifully with autumn's crispest fruit. Recipes for nine of these perfect pairs, including a robust spareribdish, page 148.







Photographs by Nick Samaridge

FROM SOUP TO SOUP



A soup-er idea for a fall party! Come and sample five incredible (and soul-satisfying) soups.
By Sue B. Huffman, Food Editor.

Instead of the proverbial "soup to nuts," this new food adventure goes from soup . . . to more soup. Similar in concept to a wine tasting, a soup-sampler party gathers good friends to sip their supper. It's an easy, relaxing way to entertain. Start by ladling out bowls of the appetizer soup; next, set out tureens of three entrées and one gala (chilled) dessert soup. All five are out-of-the-ordinary. The recipes are ample for 12, providing extras for your family or take-homes for guests.

How America Entertains

What fun. Each soup is unique—from fresh tomato to elegant champagne. The colorful menu is rounded out by rich mushroom turnovers, crisp flatbread, crunchy salad, nutty cake bars. True to the *Journal's* do-ahead policy, there are few last-minutes, leaving the hostess free to enjoy a grand party. Timetable and recipes are on page 142.

SOUP-TO-SOUP PARTY
(Serves 12)
Hors d'oeuvres tray:
Grapes Crackers Pretzels
Tomato Soup Gratinée Mushroom Turnovers
Harvest Beef Soup Great Pumpkin Soup
Lemon Chicken Soup
Green Salad with Garlic French Dressing
Armenian Flat Bread Pumpernickel Bread
Red and White Wine
Champagne Fruit Soup Dream Bars
Coffee or Tea

FROM SOUP TO SOUP

continued

Our *Ladies' Home Journal* "Soup-to-Soup" party gives you and your friends the opportunity to sample five unusual—and unusually good—soups. Divide up the cooking any way you like. You might decide to parcel out the five soups to your guests and handle the bread, turnovers, salad, dessert and wine yourself. Or, since almost everything on the menu can be prepared ahead and frozen, you may prefer to do the entire menu. Because who's bringing what is up to you, we've eliminated our usual "How America Entertains" shopping list. Simply peruse each recipe to see what ingredients are needed. Remember that you'll need plenty of soup bowls. Plastic-coated paper ones are a good possibility—they're both attractive and functional.

Rest assured that you'll have more than enough food for 12. Invest in containers and lids so guests can tote home some of their favorites. And don't forget to stash some away for your own family. Leftover soup is hard to beat.

SOUP-TO-SOUP PARTY
(Serves 12)
Hors d'oeuvres tray:
Grapes Crackers Pretzels
Tomato Soup Gratinée
Mushroom Turnovers
Harvest Beef Soup
Great Pumpkin Soup
Lemon Chicken Soup
Green Salad with Garlic French Dressing
Armenian Flat Bread
Pumpernickel Bread
Red and White Wine
Champagne Fruit Soup Dream Bars
Coffee or Tea

SCHEDULE FOR SOUP-TO-SOUP PARTY

One to two months before:
1. Invite guests.
2. Decide who will bring which soups.
3. Inventory food supplies.
4. Purchase ingredients for tomato soup (except Parmesan cheese and heavy cream), mushroom turnovers, beef soup (except wine, French bread and Jarlsberg cheese), chicken soup (except vegetables, lemon and lettuce), champagne soup (except champagne) and Dream Bars.
5. Make and freeze the above six dishes according to individual recipes.

One week before:
1. Purchase remaining non-perishable ingredients and bar supplies.
2. Make Armenian bread; freeze.
3. Make ice cubes; store in plastic bags.

Two days before:
1. Purchase remaining ingredients.
2. Place frozen soups in refrigerator to thaw. (If short on refrigerator space, thaw soups at room temperature day of party).

One day before:
1. Wash salad greens; tear, dry and refrigerate in plastic bags.
2. Prepare pumpkin soup up to the addition of milk; cover and refrigerate.
3. Grate Jarlsberg cheese; refrigerate in plastic bag.
4. Prepare cream topping for tomato soup; cover and refrigerate.
5. Set table.
6. Chill white wine and champagne.

Morning of party:
1. Remove mushroom turnovers and Dream Bars from freezer; allow to thaw at room temperature.
2. Cook bacon for salad; crumble and set aside.
3. Prepare salad dressing.
4. Prepare toast for beef soup.

Afternoon of party:
1. Arrange Dream Bars on serving dish, cover with plastic wrap.
2. Remove bread from freezer.
3. Arrange hors d'oeuvres tray.
4. Set up bar.

Thirty minutes before serving time:
1. Reheat beef and chicken soups; finish preparation.
2. Arrange breads and butter on buffet table.

Fifteen minutes before serving time:
1. Finish preparation of pumpkin soup.
2. Ladle tomato soup into serving bowls. To serve: top with cream and cheese and broil. Heat Mushroom Turnovers at same time.
3. Toss salad.
4. Arrange on buffet table: beef soup, toast and cheese; chicken soup, lettuce; pumpkin soup; salad.
5. Add champagne to dessert soup at last minute; serve with Dream Bars and coffee or tea, if desired.



All pictured on pages 140–141

TOMATO SOUP GRATINÉE

A dill-seasoned, fresh tomato soup topped with Parmesan and whipped cream, popped under the broiler just before serving.

1 cup butter or margarine
¼ cup olive oil
2 large onions, sliced
4 teaspoons chopped fresh dill or 2 teaspoons dried dill weed
1 teaspoon basil
½ teaspoon thyme
4 pounds fresh tomatoes, peeled and seeded (if homegrowns aren't available, try canned Italian-style plum tomatoes)
7 cups chicken broth
½ cup all-purpose flour
2 teaspoons sugar
2 teaspoons salt
½ teaspoon white pepper
¼ cup freshly grated Parmesan cheese
½ cup heavy cream, whipped

In 4-quart Dutch oven melt butter or margarine with olive oil over medium heat. Add onions, dill, basil and thyme; sauté until onions are soft, about 5 minutes. Add tomatoes; simmer uncovered for 10 minutes, stirring occasionally.

In small bowl blend 1 cup chicken broth into flour, stirring until smooth. Strain into tomato mixture; stir in remaining broth. Increase heat to high; bring mixture to a boil, stirring constantly. Reduce heat to low; simmer uncovered for 25 minutes. Stir in sugar, salt and pepper. Purée in small batches in blender. (*Can be made ahead to this point. Pour into freezer-proof containers, cover and freeze up to 2 months. Thaw 2 days in refrigerator. Reheat*).

To serve, fold grated Parmesan cheese into whipped cream. Ladle soup into individual 6-ounce ramekins or custard cups. Top each one with a dollop of cream. Broil 3 inches from source of heat until lightly browned, about 2 minutes. Makes 13 cups, about 115 calories per ½ cup. Add 25 calories for each tablespoon whipped cream topping.

MUSHROOM TURNOVERS

These yummy little pastries are grand appetizers for any occasion.

Pastry
1½ cups all-purpose flour
1 cup butter
½ cup sour cream

Filling
1 pound mushrooms, finely chopped
2 tablespoons shallots, finely chopped
⅔ cup evaporated milk, undiluted
½ teaspoon salt
⅛ teaspoon fresh ground pepper
2 tablespoons chopped parsley
1 egg yolk
2 teaspoons water

Pastry: Place flour in medium bowl. With pastry blender or 2 knives used scissor-fashion, cut in butter until completely mixed. With fork stir in sour cream until pastry holds together. Form into a ball. Divide in half. Wrap each in waxed paper and refrigerate at least 8 hours.

Filling: Cook mushrooms in skillet over medium heat, stirring, for 3 to 4 minutes. Add shallots and evaporated milk, salt and pepper. Simmer 15 to 20 minutes until milk is thick and creamy. Stir in parsley. Will keep for 2 to 3 days in the refrigerator.

To shape: Preheat oven to 350°F. Roll out half the pastry on lightly floured board into 14-inch square. Cut out circles with 3½-inch cookie or biscuit cutter. Refrigerate scraps before re-rolling. Place scant tablespoon filling in center of each circle. Moisten edge, fold dough over filling. Pinch edges to seal; cut 3 slashes in top for steam to escape.

Place on ungreased cookie sheets. Combine egg yolk and water; brush over turnovers. Bake for 25 minutes. (*Can be made ahead to this point. Cool on wire racks. Wrap well and freeze up to 2 months. Thaw, wrapped, at room temperature for 2 hours.*)

To serve, place on cookie sheet in single layer. Set in oven on lowest rack position while broiling topping on tomato soup. Makes 2½ dozen, about 100 calories each.

(*continued on page 146*)



We put in cream but kept it lean!

Believe it! Light n' Lively process cheese product has a touch of cream – and still only half the fat.

So enjoy its all-American cheese flavor on salads, sandwiches, or for snacking. Try Light n' Lively process cheese product from Kraft, and taste the difference a little cream makes.

Light n' Lively
The Lean American

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CREAM CHEESE
creamiest creations
around.
When your recipes look this creamy and rich, you know they were made with Philadelphia Brand cream cheese. Philly cream cheese starts with the luscious goodness of real, natural whipping cream. Now Kraft makes Philly cream cheese more tempting than ever with this versatile springform pan. It comes with two interchangeable bottoms, along with an exciting recipe booklet featuring the creamy creations pictured here — and more!
KRAFT

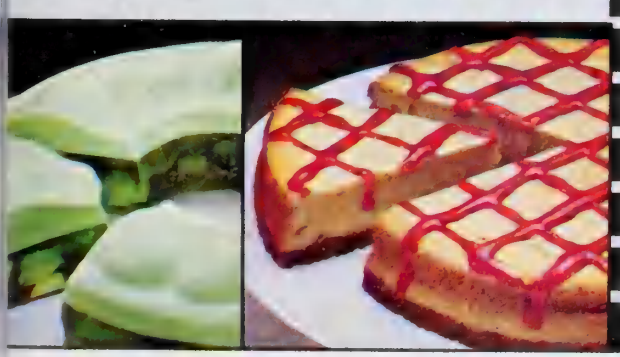








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MAIL-IN OFFER FORM

FROM SOUP TO SOUP

continued

HARVEST BEEF SOUP

The heartiest of our entrée soups. Fabulous for a chilly evening anytime.

Stock
- **3 pounds boneless beef chuck roast**
- **2 to 3 pounds beef soup bones**
- **4 quarts water**
- **2 medium onions, quartered**
- **1 rib celery, diced**
- **1 garlic clove**
- **1 tablespoon salt**

Soup
- **2 tablespoons butter or margarine**
- **1 tablespoon salad oil**
- **1 cup chopped onions**
- **1 cup diced carrots**
- **1 can (16 oz.) tomatoes, undrained**
- **½ teaspoon chili powder**
- **½ teaspoon salt**
- **2 cups coarsely shredded cabbage**
- **1 medium (1½ lb.) rutabaga, peeled and diced**
- **1 package (10 oz.) frozen cut okra**
- **1 cup dry red wine**
- **12 thin slices French bread, toasted and buttered (optional)**
- **1½ cups shredded Jarlsberg cheese (optional)**

To make stock: Preheat oven to 450°F. Place beef and bones in large roasting pan; brown in oven about 45 minutes. Place in 6-quart Dutch oven or saucepot. Add remaining stock ingredients. Scrape off browned bits from roasting pan and add to saucepot. Bring to a boil over medium-high heat; reduce heat and simmer uncovered 3 hours. Discard bones. Remove meat; cover and refrigerate. Using a cheesecloth-lined strainer, strain into 3-quart saucepan. Chill until fat hardens on surface. Remove fat. If necessary, boil stock to reduce to 2 quarts.

To make soup: In 4-quart Dutch oven or heavy saucepot, melt butter or margarine with oil over medium heat. Add onions and carrots; sauté 5 minutes. Stir in tomatoes, chili powder, salt and prepared stock. Bring to a boil; reduce heat and simmer 1 hour.

Meanwhile, cut beef into bite-sized pieces. Add to soup with cabbage, rutabaga and okra. Simmer 1 hour more. *(Can be made ahead to this point. Pour into freezer-proof containers; cover and freeze up to 2 months. Thaw 2 days in refrigerator. Pour soup into large Dutch oven or saucepot and heat through.)* Stir in wine; simmer 30 minutes. If desired, ladle soup over slice of toasted, buttered French bread topped with 2 tablespoons Jarlsberg cheese. Makes 3 quarts soup, about 165 calories per ½ cup. Add about 110 calories per serving with toast and cheese.

GREAT PUMPKIN SOUP

If fresh scallops aren't available, it's okay to use frozen.

- **¼ cup butter or margarine**
- **¼ cup minced onion**
- **2 tablespoons minced celery**
- **½ teaspoon nutmeg**
- **⅛ teaspoon ground cloves**
- **1 can (16 oz.) pumpkin (2 cups)**
- **4 cups half and half cream**
- **2 cups milk**
- **½ pound scallops**
- **Cold water**
- **Juice of ½ lemon**
- **1 tablespoon salt**
- **½ teaspoon sugar**
- **¼ teaspoon white pepper**
- **Chopped parsley (optional)**

In Dutch oven or large heavy saucepot melt butter or margarine over medium heat. Add onion, celery, nutmeg and cloves. Sauté, stirring frequently, until vegetables are tender, 5 to 8 minutes. Blend in pumpkin, half and half cream and milk. *(Can be made ahead to this point. Cover, refrigerate up to 24 hours.)*

In Dutch oven slowly heat pumpkin mixture until hot. Do not allow to boil. If you have sea scallops, cut into quarters. In large bowl combine scallops with cold water to cover and lemon juice. Drain scallops and add to pumpkin along with salt, sugar and pepper. Heat gently, stirring frequently, until very hot. Do not boil. Serve hot, stirring well between each serving. Garnish with chopped parsley, if desired. Makes 10 cups, about 125 calories per ½ cup.

LEMON CHICKEN SOUP

Reminds us of the Chinese dish, Lemon Chicken. Except we like this sweet-sour version even better.

- **5 pounds chicken breasts**
- **2 medium onions, quartered**
- **1 teaspoon salt**
- **3 quarts water**
- **¼ cup soy sauce**
- **1½ cups cooked rice**
- **Peel of 1 lemon, cut in julienne strips**
- **⅔ cup sugar**
- **¼ cup cornstarch**
- **1 cup white vinegar**
- **⅓ cup fresh lemon juice**
- **4 green onions, julienned (include some onion tops)**
- **1 medium carrot, julienned**
- **1 medium green pepper, cut into thin strips**
- **Shredded lettuce**

In 6-quart Dutch oven or heavy saucepot combine chicken breasts, onions, salt, water and soy sauce. Bring to a boil over medium-high heat; reduce heat and simmer until chicken is tender, about 1 hour. Remove chicken; refrigerate until cool enough to handle. Remove meat from bones. Break into chunks; cover and refrigerate. Return bones and skin to broth. Simmer 1 hour longer. Pour broth through cheesecloth-lined strainer into 4 or 6-quart Dutch oven or heavy saucepot. Chill until fat hardens on surface. Remove fat. If necessary, boil broth to reduce to 2 quarts. Add chicken. *(Can be made ahead to this point. Pour into freezer-proof containers; cover and freeze up to 2 months. Thaw for 2 days in refrigerator.)*

Pour into Dutch oven or saucepot. Bring to a boil; add rice and lemon peel. In medium bowl combine sugar, cornstarch, vinegar and lemon juice. Stir in boiling soup. Boil 1 minute longer. Ad green onions, carrot and pepper. Ser hot, topped with shredded lettuc Makes about 3½ quarts, about 115 cal ries per ½ cup.

GREEN SALAD WITH GARLIC FRENC DRESSING

- **8 cups torn romaine lettuce**
- **8 cups torn iceberg lettuce**
- **6 cups torn Boston lettuce**
- **5 cups torn escarole**
- **Garlic French Dressing (recipe below)**
- **½ pound sliced bacon, cooked and crumbled**

Combine salad greens in large salad serving bowl. Just before serving, to with Garlic French Dressing. Sprinkle bacon. Makes 12 servings, about 215 cal ries each.

GARLIC FRENCH DRESSING

- **3 garlic cloves, crushed**
- **¾ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **2 teaspoons cider vinegar**
- **¼ teaspoon bottled red pepper sauce**
- **1 tablespoon Dijon mustard**
- **2 teaspoons egg yolk**
- **½ cup olive oil**
- **½ cup salad oil**
- **4 teaspoons lemon juice**
- **2 teaspoons sour or heavy cream**

In small bowl combine garlic, salt, pe per, vinegar, red pepper sauce, musta and egg yolk. Beat well with electr mixer or wire whisk. Continue to bea adding oils gradually in fine, stead stream. Beat in lemon juice, then crea *(Can be made ahead to this point. Cov and refrigerate up to 6 hours.)* Makes 1 cups, about 85 calories per tablespoon.



ARMENIAN FLAT BREAD

Crispy, crunchy, delicious!

- **1 cup warm water (105°F. - 115°F.)**
- **1 package active dry yeast**
- **¼ cup butter or margarine, melted and cooled**
- **1½ teaspoons salt**
- **1 teaspoon sugar**
- **3¼ to 3¾ cups all-purpose flour**

In large bowl combine water and yeas stir until dissolved. Add butter or ma garine, salt, sugar and 2 cups flour. Be until smooth. Stir in enough flour make a soft dough. Turn onto light floured surface; knead until smooth ar elastic, about 8 minutes. Place doug smooth side down into large greas bowl. Turn smooth side up. Cover wi clean towel and let rise in *(continue*

Upper crust chicken with down-home flavor.



It's top-notch—the flavor you'll enjoy in this tasty chicken bake. What makes it so good is the creamy richness of KRAFT Real Mayonnaise and the every day freshness of KRAFT Sharp Natural Cheddar Cheese. They're two ingredients to use when you want quality that's above the ordinary.

Upper Crust Chicken

- 10 white bread slices (day-old)
- 2 cups chopped cooked chicken
- 1 cup celery slices
- 2 cups (8 ozs.) shredded KRAFT Sharp Natural Cheddar Cheese
- 1 cup KRAFT Real Mayonnaise
- 2 eggs, slightly beaten
- ½ teaspoon salt
- ½ teaspoon poultry seasoning
- 1½ cups milk

Trim crust from bread, reserving crust. Cut bread slices diagonally into quarters. Cut reserved crust into cubes. Combine bread cubes, chicken, celery and 1¾ cups cheese; mix well. Spoon into 11¾ x 7½-inch baking dish. Arrange bread quarters over chicken mixture. Combine mayonnaise, egg and seasonings, mix well. Gradually add milk, mixing until blended. Pour over bread. Sprinkle with remaining cheese. Cover. Refrigerate several hours or overnight. Bake, uncovered, at 375°, 30 minutes. Garnish with celery leaves, if desired.

8 servings

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FROM SOUP TO SOUP

continued

warm place, free from draft, until doubled in bulk, about 1 hour.

Preheat oven to 350°F. Punch dough down; divide into 4 equal pieces. Roll and stretch each piece to a 10x14-inch rectangle. Place each on ungreased baking sheet, stretching back to 10 x 14 inches if necessary. Bake each immediately after shaping for about 20 minutes, or until golden brown. Remove from baking sheets onto wire racks to cool. *(Can be made ahead to this point. Wrap well and freeze up to 1 month. Thaw, wrapped, at room temperature for ½ hour.)* Makes 4 thin breads, about 16 servings, about 130 calories per serving.

CHAMPAGNE FRUIT SOUP

This fresh pear and orange soup is simply divine.

⅓ cup sugar
¼ cup cornstarch
1 can (12 oz.) pear nectar
4 cups peeled, diced ripe pears
2 tablespoons finely chopped candied ginger
½ cup pear brandy
6 seedless oranges
1 bottle champagne, chilled
Mint sprig, for garnish

In 3-quart saucepan combine sugar and cornstarch. Stir in pear nectar; add pears. Cook over medium heat, stirring constantly, until mixture comes to a boil; boil 1 minute. Remove from heat; stir in candied ginger and pear brandy. Cover surface with plastic wrap; chill thoroughly, at least 1½ hours.

Meanwhile, peel oranges, removing all white membrane. Holding orange over bowl to catch juice, cut out sections from between membranes. Stir orange sections and juice into chilled pear mixture and purée in small batches in blender. Cover and chill thoroughly. *(Can be made ahead to this point. Pour into freezer-proof containers; cover and freeze up to 2 months. Thaw 2 days in refrigerator.)* To serve, pour into 3-quart punch bowl. Add champagne just before serving; garnish with mint, if desired. Makes about 10 cups, about 135 calories per ½ cup.

DREAM BARS

A moist, nutty spice bar that freezes beautifully.

1 cup butter or margarine, softened
2 cups firmly packed light brown sugar
2 eggs
1 teaspoon vanilla extract
1 cup dark seedless raisins, ground
1 teaspoon baking soda
1 cup hot water
3 cups all-purpose flour
1 teaspoon cinnamon
1 teaspoon nutmeg
½ teaspoon double-acting baking powder
1 cup walnuts, ground
½ cup finely chopped walnuts
Confectioners' sugar

Preheat oven to 350°F. Grease and flour a 15½ x 10½-inch jelly-roll pan; set aside. In large mixer bowl cream butter or margarine and sugar. Beat in eggs and vanilla. In small bowl combine raisins and baking soda; add hot water and set aside. Combine flour, spices, baking powder and ground walnuts. Add to creamed mixture alternately with raisin mixture. Stir in chopped walnuts. Pour into prepared pan. Bake 35 to 40 minutes, until toothpick inserted in center comes out clean. Cool on wire rack. *(Can be made ahead to this point. Wrap and freeze up to 1 month. Thaw, wrapped, at room temperature for 2 hours.)* Cut into bars. Sprinkle with confectioners' sugar. Makes 48 bars, about 140 calories each. **End**

Pork & Apples

continued from page 139

CROWN ROAST OF PORK WITH GINGERED SWEET POTATOES AND APPLES
pictured on page 138

A show-stopper for your grandest gala dinner party.

1 16-rib crown roast of pork (about 4½ lbs.)
Salt
Pepper
Sauce
1¼ cups orange juice
1½ tablespoons cornstarch
1½ tablespoons minced crystallized ginger
¼ cup packed brown sugar
½ teaspoon salt
2 tablespoons butter or margarine
1½ pounds sweet potatoes, peeled and sliced
2 large cooking apples, cored and sliced
2 tablespoons chopped green onions, for garnish

Preheat oven to 350°F. Place roast on rack in baking pan. Cover ends of ribs with foil to prevent burning; place ball of foil in center to help retain its shape. Sprinkle with salt and pepper. Insert meat thermometer in center, being careful not to touch bones. Roast 2 to 2½ hours or until thermometer reaches 170°F.

Meanwhile, in small saucepan combine all sauce ingredients except butter or margarine; stir until smooth. Heat to boiling over medium heat; stir in butter or margarine; simmer 2 minutes, stirring constantly. Remove from heat; set aside.

About 30 minutes before roast is done bake potatoes. Arrange potatoes in 1½-quart baking dish and pour on ¾ cup sauce, reserving remaining sauce. Cover with foil and bake 35 minutes. Remove from oven; arrange apples on potatoes and pour on remaining sauce. Replace cover and bake an additional 15 minutes.

To serve, transfer roast to heated serving platter. Remove foil from center and ribs. Spoon potatoes and apples into center and around roast. Sprinkle with green onions. Makes 8 servings, about 710 calories each.

PORK-IN-APPLES
pictured on page 139

Raisin bread adds interest to the filling, and a tangy, apple juice sauce tops the whole works.

1 tablespoon butter or margarine
1 onion, chopped
2 slices raisin bread, cut into ½-inch pieces
⅓ cup apple juice
6 cooking apples (we used Rome)
¾ pound ground pork
1 egg, slightly beaten
¾ teaspoon salt
Dash allspice
½ cup water
Sauce
1½ cups apple juice
1 tablespoon cornstarch
2 tablespoons cider vinegar
2 tablespoons dark corn syrup
1½ teaspoons prepared mustard
½ teaspoon prepared horseradish

In medium saucepan heat butter or margarine; add onions and sauté for 5 minutes. Remove from heat; add bread to onion; pour in apple juice and set aside.

With melon baller or knife, hollow out apples leaving about a ¼-inch shell; reserve pulp. Chop enough pulp to make 1½ cups. Put in bowl with pork, egg, salt and allspice; mix well. Sprinkle additional salt in cavity of each apple.

Preheat oven to 350°F. Place about ½ cup stuffing in each apple. Arrange apples in baking pan. Pour in water; cover with foil and bake 45 minutes. Remove foil and bake an additional 30 minutes.

Meanwhile, prepare sauce. In medium saucepan combine juice and cornstarch; stir until smooth. Add remaining ingredients. Cook over medium-high heat, stirring constantly, until mixture boils. Reduce heat and simmer for 3 minutes. Spoon over baked apples. Makes 6 servings, about 395 calories each.

PORK EN BROCHETTE
pictured on page 139

Still barbecuing? Try these on the grill—although they work beautifully in the broiler.

3 tablespoons Calvados or apple jack
3 tablespoons salad oil
1 onion, chopped
1 garlic clove, crushed
½ teaspoon salt
¼ teaspoon thyme
1½ pounds boneless pork, cubed
½ pound small whole white onions, peeled and blanched
8 whole lady apples or 2 large cooking apples, cored and quartered

In medium bowl combine Calvados, oil, onion, garlic, salt and thyme. Add pork and toss until well coated. Cover; marinate in refrigerator 24 hours, tossing occasionally. Alternate pork, onions and apples on six 12-inch metal skewers; reserve remaining marinade. Place skewers on grill over medium coals and *(continued)*

Oh the spooky nutty things you can do with Diamond Walnuts.



Treat your little goblins to these goodies.

Layered Walnut Pumpkin Pie

¾ cup Diamond Walnuts
envelope unflavored gelatin
¼ cup cold water
can (1 pound) pumpkin
¾ cup granulated sugar
/2 cup milk
3 large eggs, separated
teaspoon pumpkin pie spice
/2 teaspoon salt
/4 teaspoon vanilla
cup whipping cream
9-inch baked, cooled pie shell
Diamond Walnut halves for decoration

Chop walnuts fine, set aside. Soften gelatin n water in a 2-qt. saucepan. Stir in pump- in, ½ cup of the sugar, milk, lightly eaten egg yolks, spice and salt. Heat just o boiling, stirring constantly. Turn heat ery low and cook 5 min., stirring. Remove from heat; add vanilla and cool. Chill until mixture thickens slightly. Beat gg whites to soft peaks. Gradually eat in 2 Tbsp. sugar, beating until stiff. Fold into pumpkin mixture, along with chopped walnuts. Beat cream with remaining sugar until very stiff. Turn half pumpkin mixture into pie shell and spread level. Top with ¾ of the cream and spread in even layer. Spoon on remaining pumpkin filling. Decorate top with remaining cream and walnut halves. Chill at least 4 hrs. before cutting. Makes 1 9-in. pie, 8 servings.



Oh the lovely nutty things you can do with Diamond Walnuts.

Pumpkin Walnut Cookies

½ cup butter or margarine
1½ cups brown sugar, packed
2 large eggs
1 cup cooked or canned pumpkin
1 teaspoon vanilla
1 teaspoon grated lemon peel
1 teaspoon lemon juice
2½ cups sifted all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
1½ teaspoons pumpkin pie spice
¼ teaspoon ginger
1 cup coarsely chopped Diamond Walnuts

Cream butter and sugar together until fluffy. Beat in eggs, one at a time. Stir in pumpkin, vanilla, lemon peel and juice. Resift flour with baking powder, salt and spice; blend into butter mixture. Stir in walnuts. Drop by tablespoonfuls onto greased baking sheets 2-in. apart. Bake at 375° F. 12 to 14 min. Makes about 2½ doz. 3-in. cookies.

To decorate: Spread cookies with a vanilla butter cream frosting and make "face" with walnut pieces and candy corn.

Pork & Apples
continued

grill or broil on broiler pan for 15 minutes, basting occasionally with marinade. Turn and broil another 10 minutes, basting occasionally. Makes 6 servings, about 490 calories each.

STUFFED PORK CHOPS

Walnuts and raisins are surprises here.

Stuffing
- ¾ cup shelled walnuts
- 1 tablespoon butter or margarine
- ¼ cup chopped onion
- 1 large apple, peeled, cored and chopped
- ¼ cup seedless raisins
- ½ teaspoon salt
- ⅛ teaspoon poultry seasoning

6 lean pork loin rib chops for stuffing, about 1¼ inches thick
2 tablespoons salad oil
Salt and pepper
¾ cup apple juice
¼ cup water
Gravy
- 1½ tablespoons flour
- ½ cup heavy or whipping cream
- ¼ teaspoon salt
- Dash pepper

Stuffing: Preheat oven to 350°F. In small saucepan cook walnuts in boiling water to cover for 3 minutes; drain. Arrange in pan and toast in oven until golden, about 5 to 10 minutes, shaking pan occasionally. When cool enough to handle, chop and set aside.

In skillet over medium-high heat, melt butter or margarine. Add onion and sauté for 5 minutes. Stir in walnuts, apple, raisins and seasonings. Stuff about ⅓ cup stuffing into each chop and secure with toothpick. Heat oil in skillet and brown chops on each side; place in baking pan in single layer. Season with salt and pepper. Pour in juice and water, cover with foil and bake 45 minutes. Remove foil and bake 15 minutes more. Transfer chops to heated serving dish and keep warm.

For gravy: Strain juices into saucepan. Stir in flour; cook over medium heat until smooth and bubbly. Add remaining gravy ingredients. Heat to boiling; reduce heat and simmer 5 minutes, stirring occasionally. Serve over pork chops. Makes 6 servings, about 705 calories each.

RIBS AND SAUERKRAUT

Ribs, kraut and apples—the perfect autumn trio.

4 pounds pork spareribs
Sauce
- 1¼ cups ketchup
- ½ cup water
- 3 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon cider vinegar
- 1 teaspoon prepared mustard

2 pounds sauerkraut, rinsed and well drained
2 large cooking apples, cored and sliced

Place ribs in large Dutch oven; pour in enough water to cover. Heat to boiling; cover and cook for 10 minutes. Remove ribs; cut into 2-rib portions and set aside.

Preheat oven to 350°F. In large saucepan combine sauce ingredients. Cook over medium heat for 5 minutes, stirring occasionally. Stir in sauerkraut and apples. Spoon into 13 x 9-inch baking dish. Arrange ribs on top. Cover with foil and bake 1 hour. Remove foil and bake an additional 15 minutes. Makes 6 servings, about 685 calories each.

SWEET AND SOUR PORK AND CABBAGE

A hint of Bavaria in this addictive dish. Serve it with dark bread and beer.

5 bacon slices, cut into ½-inch pieces
1 pound pork cubed steaks, cut into strips
1 medium onion, chopped
8 cups chopped green cabbage (about 1¾ lbs.)
2 cooking apples, cored and chopped
⅓ cup cider vinegar
3 tablespoons brown sugar
½ teaspoon salt
¼ teaspoon caraway seeds

In Dutch oven cook bacon until crisp, about 5 minutes. Remove bacon with slotted spoon and set aside. To drippings, add pork and onion and sauté for about 5 minutes. Stir in remaining ingredients; cover and cook over medium heat for 30 minutes, stirring occasionally. Transfer by slotted spoon to serving dish and sprinkle with bacon. Makes 4 servings, about 610 calories each.

PORK AND APPLE POT PIE

Reminiscent of grandmother's meal-in-one.

1 pound boneless pork, cut into 1-inch cubes
⅓ cup flour
2 tablespoons salad oil
2 medium onions, sliced
1 cup chicken broth
¾ cup apple juice
½ teaspoon summer savory
½ teaspoon salt
¼ teaspoon cider vinegar
1½ cups sliced carrots
1½ cups cut green beans
1 large apple, peeled, cored and cut into ½-inch cubes
Pastry for 9-inch crust

In medium bowl toss pork with flour to coat. Heat oil in large saucepan. Add pork (reserve remaining flour) and onions; sauté for 5 minutes over medium heat. Stir in reserved flour. Add broth, juice, savory, salt and vinegar; heat to boiling, stirring constantly. Reduce heat, cover and simmer 40 minutes. Stir in vegetables and cook another 40 minutes. Add apple and cook an additional 10 minutes. Pour into a 10-inch oval au gratin dish or a 9-inch pie plate. Set aside to cool.

Preheat oven to 375°F. Roll out pastry to fit dish and place on top of filling. Flute edge and seal it to the dish. Make 3 small holes in pastry for steam to escape. Bake 40 minutes. Makes 4 to 6 servings, 805 calories per 4, 535 calories per 6.

APPLE-STUFFED PORK LOIN ROAST

The secret's in the gravy. It's worth investing in a small bottle of creme de cassis, which can always be used for Kirs and other aperitifs.

1 boneless (3 lb.) pork loin roast
2 large cooking apples
1 teaspoon lemon juice
Salt
Pepper
2 tablespoons butter or margarine
2 tablespoons salad oil
1 cup dry white wine
Gravy
- 1½ tablespoons butter or margarine
- 2 tablespoons flour
- ⅔ cup heavy or whipping cream
- 3 tablespoons creme de cassis liqueur

Preheat oven to 325°F. Using a butcher steel (long round knife sharpener) or long, narrow, sharp knife, pierce through the center of the pork loin from one end to the other, twisting slightly to form a slit. Peel, core and coarsely chop apples; sprinkle with lemon juice. Stuff chopped apples into slit with fingers or rounded handle of a wooden spoon. Sprinkle meat with salt and pepper.

In large Dutch oven, heat butter or margarine and oil until butter is melted. Add pork and brown evenly on all sides, about 15 minutes. Remove pork and discard fat. Insert meat thermometer into center of roast. Return meat to pan, fat side up. Pour in wine, cover and roast for 2 to 2½ hours or until meat thermometer reaches 170°F.

For gravy: Remove meat to heated platter and keep warm. Pour pan drippings into a 2-cup measure. Discard fat that rises to the top. Reserve brown bits from Dutch oven and drippings. If necessary, add enough water to drippings to equal 1 cup; set aside.

In same Dutch oven melt butter or margarine. Stir in flour until smooth. Gradually pour in pan drippings and stir until smooth. Add cream and creme de cassis. Cook over low heat, stirring constantly until thickened; cook 1 minute more. Makes 8 servings, about 620 calories per serving with gravy.

CHOUCROUTE GARNI

This is great Sunday night entertaining fare.

6 bacon slices, cut into ½-inch pieces
3 pounds (1½ qts.) sauerkraut, rinsed and well drained
3 whole onions, each peeled and studded with 3 whole cloves
2 apples, cored and quartered
6 juniper berries (or 2 tablespoons gin)
2 cups Riesling wine
6 smoked pork chops (about 1¾ lbs.)
½ pound kielbasa or Polish sausage, cut into 1-inch slices

In Dutch oven sauté bacon about 5 minutes. Add sauerkraut, onions, apples, juniper berries and wine. Heat to boiling; reduce heat, cover and simmer for 1 hour. Add pork chops and kielbasa; simmer an additional 30 minutes. Makes 6 servings, about 665 calories each. **End**



A heavenly idea!

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virl in the Cool Whip.



oon in the Jell-O stant Pudding.

Swirl in the Cool Whip Topping and spoon in the Jell-O Instant Pudding. It's that easy to create a dessert masterpiece. And it's so delicious you'll want to try making it with all your favorite Jell-O Instant Pudding flavors.

Pudding in a Cloud

2 cups thawed COOL WHIP® Non-Dairy Whipped Topping

1 package (4-serving size) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling*

2 cups cold milk

Spoon ⅓ cup of whipped topping into each of six dessert glasses. Using back of spoon, make depression in center and spread topping up sides of glass.

Prepare pudding mix with milk as directed on package.

Spoon pudding mixture into glasses. Chill.

Makes six servings.

*or any other flavor



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A Partnership Plan for Parents Who Work (Or: How to Bring Dad More Into the Act and Give Mom a Break)

By Letty Cottin Pogrebin

Do you sometimes feel swamped by the competing demands of job and family? You adore your children and want to help them grow. But you *want to grow, too, and often you can't help wondering: Can I manage this all myself? You don't have to, says* Journal *columnist Letty Cottin Pogrebin in this excerpt from her new book, "Growing Up Free." Her suggestions: Start by liberating your family from the notion that Mother—and only Mother—can* really *handle things at home. Then set up a system in which you and your husband can share the parenting and the housework. The payoff, as our expert sees it: a happier, more fulfilled you, a father who's even closer to his children, and a valuable lesson to sons and daughters about how truly equal men and women can be.*

Too often, working mothers today feel they must choose between their responsibility to themselves and to their children. The alternatives would be less extreme, I believe, if two-parent households operated with a better balance: more Dad at home and more Mom in the world. Am I suggesting that mothers *must* work at a paying job in order to have happier children and an egalitarian marriage? No. I'm trying to get rid of all the "musts," especially the role-playing "musts" that breed resentment rather than personal fulfillment and effective parenting. To explore a more flexible balance in your family, try these ideas.

Advice for mothers

Take a closer look at child care. Feeding, cleaning and dressing a child are not acts of love. They're functions you perform lovingly—and either parent can do them. No woman should feel guilty about wanting to share the work of child care because that's what it is: *work*—repetitive, tedious, often lonely and exhausting. Parenthood, after all, has two aspects: One is challenging and creative (the growth part); the other involves menial chores and maintenance (the no-growth part). Mothers must learn to tell the truth about the no-growth part, about the trials and errors and secret fears of raising a child. If more women do that, instead of pretending to be "instinctually" more proficient than men, child care can be seen as a job for both sexes.

Do for yourself and don't feel guilty. Give yourself permission to think about *you* for a change. Doing things for yourself does not mean doing things against your children. When you become more active outside the family, there's more room for the children's *other* parent within it.

"When I started to work weekend nursing shifts," one mother told me, "my husband completely took over the house and four children. I was glad for it, but I had a really rough time when the kids started calling Daddy when they were cold, sick, thirsty or frightened in the night. Had I lost them?"

No. It turns out her children stopped calling Mommy for the most pragmatic of reasons: Mommy had become so tired from her job that they couldn't wake her up, so they switched to Daddy for their nighttime needs. And Daddy was delighted to *be* needed. The children couldn't have cared less which parent responded, as long as someone loving and patient came to them in the dark.

Be honest about your own needs. If working outside the home is what you need, either to make you happy or to make ends meet, don't look to your children for permission. Children, like the rest of us, can become addicted to the full-time service of another person. That doesn't mean it's beneficial for them to have it, and it doesn't mean they won't get used to it if they don't. They accept Daddy's daily departure—why not yours, too?

One does not suddenly up and leave the house without notice, of course. A sensitive mother explains her plans far enough in advance for the children to get used to the idea. For very young children, a storybook about working mothers might help. With older kids, try a straightforward discussion and a dry run to familiarize the family with their increased responsibilities.

Give up your domestic throne. Let go. Stop getting an easy high from your "expert" status in the household. Unless men are let in on the mysteries of home management, women will remain trapped in the traditional groove. Once he's sharing housework, don't criticize his methods because they're not yours, and don't view his domestic duties as a favor ("He did my floors") but as a normal obligation to the family unit.

Let go for your children's sake, too. When your husband shares the labor (not just "helps around the house"), it's easier to raise your son to be that kind of man, and your daughter to expect that kind of behavior. Give up one-woman rule and your children will have a head start on good marriages of their own. *(continued)*

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Taste Hawaii. It's just four steps away.

Juicy pineapple, tender pork chops, fluffy stuffing—that's the taste of the tropics. Bring it to your table with "Hawaiian Pork Luau."

All it takes is Dole® Sliced Pineapple, Shake 'n Bake® Seasoned Coating Mix for Pork, Stove Top® Stuffing Mix for Pork, and six pork chops. It's ready in just four steps—in less than an hour.

Hawaiian Pork Luau

1 Drain 1 can (20 oz.) Dole® Sliced Pineapple in juice, reserving juice. Measure ¼ cup juice. Then add water to remaining juice to make 1¾ cups, set aside for stuffing (for less moist stuffing, use 1½ cups). Moisten 6 pork chops, 1 inch thick, with the ¼ cup juice.

2 Empty 1 envelope Shake 'n Bake® Seasoned Coating Mix for Pork into shaker bag; mix in ½ teaspoon ground ginger. Shake 2 chops at a time in bag until evenly coated.

3 Arrange chops in a single layer on rack in shallow baking pan; place 1 pineapple slice on each chop. Dice remaining pineapple; set aside. Bake chops at 425° for 25 minutes.

4 Meanwhile, heat the measured liquid. Place contents of Vegetable/Seasoning packet from 1 package Stove Top® Stuffing Mix for Pork and ¼ cup butter or margarine in 1-quart baking dish. Add hot liquid; stir to blend and partially melt butter. Add Stuffing Crumbs; stir to moisten. Add diced pineapple. Bake uncovered with chops for 15 to 25 minutes longer or until chops are tender. (Always cook pork thoroughly.)

Makes 6 servings.



Advice for fathers

Change can't work if women are the only ones changing. So here are some words for men who can financially afford to reapportion their energies, too.

Draw the line. Establish a cut-off time between your paid-job and your father-job. Give up overtime; don't bring home work or volunteer for extra assignments.

Explore flexible schedules. Could your family do as well on two part-time salaries as one full one? What about a combination of part-time and free-lance work?

Reassess your goals. Think about going back to school or changing fields. Or consider taking a year or two off to immerse yourself in family life. Give your wife a turn at breadwinning.

Adjustments of attitude and time may make a man *available* for fatherhood, but what makes him a father (and not a mother's helper) is involvement in children's lives, which means fathers should:

Learn the physical how-to's—feeding, diapering, bathing, toilet-training—the way most mothers learn them: by doing them, reading about how to do them and talking to other parents.

Prepare to make mistakes. You may feel inept at unfamiliar home and child-care tasks. But that's no excuse to stop trying, or to hide behind the stereotype of the big, clumsy male. As for the emotional side of parenting, why should fathers expect instant success any more than mothers do? Closeness develops only with intensive exposure to children.

Don't let your money speak for you. If you think you might be bartering money for love, try this: For the next few months, leave all the exciting purchases for the children up to your wife. Let it be known that the new bike came from Mommy's wallet, and see if you can show your affection without spending a penny.

Advice for the marriage

It is impossible for you and your husband to be equal partners in parenthood if you're not equal partners in marriage, too. Don't forget, the children are watching, and what they see will affect their intimate relationships all their lives. To establish a healthy dialogue between you and your spouse, try the following:

Eliminate extremism. Many mothers (and fathers) make the mistake of overplaying their roles and wind up shortchanging their children. "Total mothers," for example, are often too busy caretaking and housecleaning to offer affection or stimulating play.

Infants prefer the parent who is *care*-free enough to play with them, not the one who dresses and cleans them. That's true of older kids, too. As their lives become more complex and their needs more varied, they seek out the versatile and self-assured parent, not just the parent who is always there. A father usually has the resources to make his limited time into a big event; he may be an emotional stranger, but at least he is child-fresh after a day in the adult world.

If you distribute all aspects of child care more equitably, your children gain *two* exciting, recharged parents, instead of one rarely seen stunt man and one omnipresent old shoe.

Be "no-fault" partners. Because women have traditionally borne most of the responsibility for children, mothers are usually blamed when youngsters develop problems—everything from overdependence and obesity to poor marks in school. But if parents share responsibility, for all aspects of child-rearing, women will cease to be the scapegoats when things go wrong. And when the energies of two adults are directed toward child care, there are twice as many chances to avoid problems.

Rout out the double standard. Examples:

- Mother's meals are taken for granted; Father's cooking is praised lavishly.
- Everyone's upset if Mother comes home late from work; everyone's solicitous if Father has to put in long hours.

There must be a single standard of acceptable behavior for the adults in a marriage if the children are ever to learn respect for the humanity of both sexes.

Analyze the power balance in your marriage. In one survey, women were asked, "Who is the real boss in your family?" Three-quarters of the wives sampled said "the husband." This isn't a funny cliché; it's a serious measure of women's sense of powerlessness. Decision-making patterns and economic and physical uses of power have been found to be the most important indicators of how a marriage *feels* to each of its partners. Now, in *your* marriage, who (if anyone) has the last word on:

- moving to a new city?
- the children's sleepover plans?
- where to go on vacation?
- buying a new car?
- tonight's menu?

These questions define "Where's the power?" The partner with the greater occupational prestige and income is usually considered the more powerful. And in most cases, that's the husband, even though he may "delegate" decisons on certain domestic matters to his wife.

Where this sort of imbalance exists—she gives most of the love; he holds most of the power—it is bound to have a ripple effect on the children. It communicates both the particular worth of their mother and father, and the worth of women and men in general—including the women and men the children will become.

Don't let there be a separation of love and power in your family. In homes where the two are blended, children can turn to father or mother for lifelong role models and for the guidance and security they need. **End**



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You and Your Money

What happens when you default on a loan; when to claim Social Security survivors benefits; deductions for working teenagers.

By Sylvia Porter

I recently had to default on a personal loan from my neighborhood bank with whose officers I always have had the friendliest relationships. I swore the default was temporary and to prove I wasn't penniless I pointed out that I still had a savings account at the bank. I was absolutely stunned when I received a notice that the bank had withdrawn my savings and applied the amount to payments on my loan. Has the bank the right to do that?

Yes, the bank was entirely within its rights. A bank always can "set off" a loan you owe the bank on which you have defaulted by withdrawing money you keep in a checking or savings account to reduce your debt. This is only fair to your creditor, and has nothing whatsoever to do with your "friendliest relationships."

In going to the markets, I can drive my car by city routes (which saves a mile or so) or I can take a longer route and get to the stores by freeways. Which would be more economical?

The freeways. Freeway driving is nearly twice as economical as driving your car in city traffic, reports the Department of Energy. You'll drive more miles by the freeways but save on the gas you consume.

When our father died six years ago, my younger brother and I were 14 and 16. We didn't know to ask on our own whether we could collect any Social Security survivors benefits. We discovered recently that we had forfeited valuable benefits. Now we're both over 20 years old. But are we still eligible for any of those unwittingly forfeited benefits?

No. You must claim Social Security benefits within a year. If you don't, you lose them. You've lost them.

Both our children are begging for roller skates this Christmas, and since we feel we must not disappoint them, we are looking for hints on buying properly and on keeping the kids' injuries to a minimum.

Buy skates that fit right now, not skates that your children will "grow into." Demand that your children keep their skates in maximum repair, to eliminate easily avoidable accidents. When you buy the skates, buy protective padding for their knees and elbows as well as wrist supporters and gloves, so when they fall, they'll have some headstart to help them fall without hurting themselves. Warn them against skating on crowded sidewalks or in streets and prohibit them from using these areas, if you possibly can.

My husband and I own a small variety store, which always becomes very busy during the Christmas buying season. Our children help out as soon as their vacations start, and we pay them pocket money. But now that two of them are approaching their college years, is there is any way we can actually hire them and then deduct their wages as business expenses?

By all means hire your two teenagers, pay them wages instead of the allowances, and then you'll be able to increase your deductible wages to help finance their college education costs on a tax deductible basis. But, you must do this right, for the IRS usually studies payments to relatives and your business deduction will be disallowed unless you can prove the payments really are wages. Be sure your employment relationship is entirely bona fide, and the pay to them is "reasonable" for the services they render. Keep adequate records, proving hours worked, the work they did, and the wages you paid. Since your children are still in school, the wages you pay them may not be subject to withholding income taxes, but Social Security taxes must be deducted from their wages.

Almost every time I've gone to our physician recently with complaints about a nagging chest cough, he orders an X-ray. The X-rays are adding heavily to my bills and I'm also wondering if I'm getting too much exposure to radiation. Is this becoming an increasing complaint or am I being unduly alarmed?

There has been mounting debate over the dangers of radiation overexposure. The fact is that seven out of 10 of us are now having X-rays at least once a year. The explanations are as always: X-rays are of extreme value in detecting conditions that must be corrected; are routine in testing lungs, teeth and any other organs or limbs that suggest trouble has developed.

But another fairly new explanation is the use of so-called defensive X-rays, which physicians order only to protect themselves against possible malpractice suits.

You can minimize the risks from exposure to radiation. • Ask whether it is possible to use or refer to previous X-rays. • Don't demand an X-ray. • If you are pregnant, avoid all non-essential medical radiation, especially X-rays of the abdomen. • If you are a young adult, avoid repetitive X-ray exposure of your reproductive organs unless medical indications are clearly defined and explained to you. • Avoid mass screening programs. Chest X-rays in mobile units, for instance—so recently hailed as a beneficial service—are now under considerable question. • Keep your own X-ray record. Make note of the dates and locations of X-rays. • Ask your physician and your dentist to tell you the type of exam and where the X-ray is kept.

Our family eats a lot of cheese. What is the cheapest way to buy cheese? And the least expensive of the great variety of cheeses on sale?

Buy your cheese in wedges rather than cubed, grated or sliced; that's almost always less expensive. Mild cheeses usually cost less than sharp or aged natural cheeses, and pasteurized process cheeses usually cost less than natural cheeses.

End

Stay at Home and Make Money!

Our inflation special: 14 imaginative ways housewives can boost family income. By Betsy Brown



Of course your family could use some extra cash. Who couldn't these days? But you're not ready to join the commuter crush. You can't afford a babysitter for the children at this point. And what's more, you like being there when they get home from school.

Then why not stay put? With a little ingenuity you can turn your favorite homemaking skill or previous job experience into a part- or full-time home-based business. Housewives across the country are putting their talents to use in a variety of imaginative ways. Cooking, sewing, shopping, chauffeuring, decorating and managing money are only a few of the possibilities.

Consider your options. One idea often blossoms into another . . . and another. Think about how and when you want to work. You might want to keep your afternoons free to spend with the children, or work only a few days a week. Many women are joining forces with a friend or neighbor and then splitting the profits.

Read below about 14 profitable home-based businesses and the success stories of the housewives who have turned their skills into dollars.

Sewing and handicrafts

"One night a few weeks before Christmas," *Marie Pritchard* recalls, "my seventeen-year-old daughter asked me if she could order a school ring, at eighty dollars. My fourteen year old said that everyone in his class was going skiing, and it was only ten dollars a week for four weekends. And my eight year old gave me a list of books that would cost another ten.

"I could see the dollar signs in front of my eyes. We just didn't have the money, although five years ago we would have been on Easy Street with my husband's salary as a mechanic."

Marie was working on homemade toys for her nieces and nephews. She showed a friend the 36-inch rag doll she was making, and the friend wanted to buy it. "I ended up making forty-two of them, at twenty-five dollars apiece. It was the first time in years I didn't have to use my credit card at Christmas."

Marie has always had a reputation in her small, upstate New York town for being clever with her hands. Another time she made a fruit basket for a friend in the hospital, arranging choice fruits and a tiny gift in crisply wrapped cellophane, and other friends asked her to make ones for them. Today she sells the festive baskets for $20 to $35. She designs them individually, with specially chosen gifts such as a book, handkerchief, recipe, tool, coloring book or small toy, along with fruit and candy. Last Easter she netted $700.

Lately she's discovered that many people have old photographs, diplomas and other memorabilia that they would like to display. So she's taken up decoupage, the art of decorating. She mounts the mementos on wooden plaques, adding finishing touches around the edges and covering them in plastic. She charges anywhere from $5 to $50 per plaque, depending on the *(continued)*

Illustration by Tom Lulevitch

Stay at Home and Make Money!

continued

amount of work involved. Again, by word of mouth, Marie has turned her hobby into a money-maker.

Driving

Cathy Altro and her husband, Ronald, are not only hard hit by inflation, but he was out of work for several months recently because of a truckers' strike. He did odd jobs near their Westchester, New York, home to help: worked in a gas station, drove a school bus, made deliveries for a florist. After the strike, the Altros were badly behind in their bills.

With a two year old, Cathy was reluctant to take on a full-time job, but it occurred to her that the florist her husband had worked for might need help during his busy seasons—Easter, Christmas, Mother's Day. It turned out that he did.

"Now, I drive all around town in our Jeep two or three times a week, from eight in the morning to five or six. Since I'm in and out of the car constantly, I leave the baby with my sister.

"The job doesn't pay a lot," she continues, "but I made five hundred dollars last year. That paid for things for the house that we've gone without for so long."

Alicia Tripp lives in a house she and her husband, Robert, a Massachusetts blueberry farmer, built of wood cut from their own land. Though they're careful with money, rising costs for fuel and farm equipment have drained their income.

To make extra cash, Alicia became a part-time school bus driver. She had to take her younger daughter to junior high school several miles away anyway. She now gets $12 a day for taking seven children back and forth to school in her van, over steep hills and back roads that are too rugged for the regular school bus.

Decorating

Jodie Brigham decided to wallpaper the bathroom in her northern California home herself when she discovered that a professional would charge $125 to do the job. Then her neighbor, *Bitty Bemis*, asked her to help decorate *her* bathroom and they had fun doing it together. When their friends saw the work they'd done in their own homes, the two found themselves in business.

"We just learned by hit or miss," Jodie explains with a laugh. "We didn't even know what to charge at first. We asked for seven dollars a roll, but we were so slow we didn't make much money. Now we get ten dollars a roll. Our biggest job was fourteen rolls. We finished in one day and made seventy dollars each. These days we do about two rooms a week.

"Women love having us. Some don like having workmen around during th day when their husbands aren't there and others don't feel comfortable leavin a strange man alone in the house. Bu they're perfectly at ease with us. W sometimes help them pick the paper, bu we don't paint or prepare the walls. Tha must be done before we come.

"It's fun. We get there in the mornin and the place looks kind of blah. Thre hours later it's gorgeous."

Child care

Debbie Porter's husband, John Henry is a social worker. "Even when he get raises," she says, "they top out prett quickly." She makes her own clothes heats her house in northern Massachu setts with wood cut from local forests belongs to a food cooperative and eve raised a pig last year to provide her fam ily with meat for the winter.

Before her son Gabriel was born tw years ago, she taught school. But with new baby due in December, she doesn want to go back to teaching to help sup plement the family income. Her neigh bor, *Sheila Litchfield*, a nurse, has a one year-old son, and she doesn't want to g back to work full-time either. She make $2,000 a year as a tax collector and $6 a hour helping to evaluate children wh have special needs at school.

The two recently decided to open



day-care center in Debbie's home. They got a license to care for a maximum of six children. After building some playroom furniture and jungle gyms, they put an ad in the local newspaper. There were more applicants than they could handle.

"Our day-care program is not for working mothers, because it only lasts for three hours each morning," Sheila explains. "We really just wanted to get children playing together, because this is a rural area and houses are so far apart."

For the day-care service, she and Debbie ask $1.25 per hour. They spend 25¢ on supplies and then split the balance. "That gives us each three dollars an hour, which isn't much," Sheila continues. "But it makes a big difference now that food and gas are so expensive. We could make more money if we each set up facilities in our own homes, but it's more fun to do it together."

Clothes shopping

Mimi Price and *Jane Thomas* are stylish young women who love clothes. When they learned that one of their favorite manufacturers pays women to sell clothes from their homes, they decided to investigate the possibility of working with him.

Now, four times a year, Mimi and Jane have one-week sales, alternating between their two houses in suburban New York. The manufacturer provides them with advertising material, and they send notices to about 300 women they've met through the PTA, church and various other community groups.

They pick up the clothes in their station wagons and then set up racks around the living room and the dining room. On the first day they give a fashion show, modeling a few of the clothes themselves and inviting some of their favorite customers to model, too.

"Women love the informality of coming in and having coffee with us and trying on clothes in the guest room," says Mimi. "They know us and trust us. We never tell them something looks nice if it doesn't. And we never pressure them to buy, although nine out of ten customers purchase something—even just a T-shirt.

"We usually get forty to fifty women of all ages—from sixteen to seventy—at any one sale. Some wait for our show each season to buy most of their wardrobe from us. We sell six thousand dollars to eight thousand dollars worth of merchandise every time. Our commission is twenty to twenty-five percent, so we make six hundred to eight hundred dollars apiece per show.

"When the clothes are at my house, my children spend most of the week at Jane's and vice versa. Our husbands are friends so they get together in the evenings. We make casseroles ahead of time so we don't have to do anything during the week except see customers."

Gift buying

Chris Raggio figures that she buys as many as 100 gifts a year, counting the 20 relatives and close friends she gets presents for at Christmas and birthdays, her parents and in-laws on Mother's and Father's Day, and the thoughtful little things she takes to hostesses.

She tried to save money by buying gifts wholesale with a couple of friends, but she learned that wholesalers only sell in large quantities. She and two friends, *Janet Horne* and *Anne German*, realized that they could buy in bulk and sell the surplus to friends. They designed a perky bow as a trademark and named their business "Showing Off."

They attend gift shows in Boston and New York regularly to find unique and varied items. They then ask friends, and friends of friends, to hold gift parties in their homes for 12 to 20 women. Usually about 200 items, ranging from a $1.50 tin box to a $40 "soft antique" (a one-of-a-kind pillow or wall hanging), are displayed around the living room. Each party has a seasonal theme, and Chris gives a little talk to suggest appropriate gifts for special occasions.

"Our customers save money, because stores mark merchandise up one hundred percent, and our markup is only eighty," Chris explains. "And our guests don't have to run around to half a dozen stores. They don't have to buy *(continued)*

slice of life.

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american dairy association®

Stay at Home and Make Money!

continued

right then, either. They can place their orders later."

Chris and her friends each invested $600 initially, and now they hold about four parties a month in Connecticut and Rhode Island. They net an average of $30 per person, at each party, and often reinvest the profits to buy exciting new stock.

The hostess is invited to choose a gift for herself. As a sales incentive, the value of her gift depends on how much is sold at her party.

Cooking

Paula Rice and *Fredi Norris* have been friends since high school, and now they are neighbors on Long Island. They both have toddlers and they both love to cook. Paula tells the story of how they turned their hobby into a business.

"I donated a quiche to a club auction, and somebody paid twenty dollars for it. Fredi had catered her nephew's bar mitzvah last year. We decided to see if we could make some money catering. We called ourselves 'Nouveau Quiche,' because we wanted to specialize in quiches and elegant desserts.

"It was time to find business. We sent flyers and placed ads in the local paper, but never got a single response! Finally we realized that people don't like to order food unless they've tasted it. So we provided food for a few club luncheons and gave out samples at beauty parlors.

"I guess you could say we succeeded by 'word of mouth.' Now we do everything from small parties to big luncheons. Both of us have large freezers and double ovens and lots of cooking utensils, but we don't buy in bulk because our business is small and we cook only on order.

"We average two jobs a week," Paula continues. "We only made about ten dollars per order last year, but that's because we wasted money by buying display ads. This year everybody knows about us, and we'll make about forty or fifty dollars each a week."

Keeping fit

Juliet Seaver is a former artist. Her husband, Charles, is a sculptor who supports the family by doing carpentry work. They moved from Manhattan to a rural town in Massachusetts when their first son, Chris, was four and their second, Arlo, had just been born.

"I found I needed to do something besides just taking care of our home. I met someone who taught me yoga, and it was the most incredible discipline. I even became a vegetarian. But most of all, yoga gave me piece of mind, so I decided to teach it to others."

One of Juliet's first pupils was a doctor at a nearby medical center, who began sending her patients. A local high school principal, recovering from an automobile accident, was so enthusiastic about her session with Juliet that she asked her to give a class for teachers at the school.

"I'm easygoing, and I teach whenever I feel like it," she says with a laugh. "Sometimes I give a class in our living room, which holds eight students, or other times in the beautiful field in front of our home. I charge each person thirty-five dollars for eight sessions. If I have ten in a class, that means three hundred and fifty dollars, which goes a long way up here." Her sons, now 13 and nine, help out by baby-sitting for the children of their mother's students during classes.

Juliet adores her work. Last April, she taught a class the day before her new baby, Jesse Thomas, was born—and she has a picture of herself doing a headstand to prove it.

Paying bills

Pat Young knew a lot of local businessmen and professionals in her small town in upstate New York. She also knew that many needed a part-time bookkeeper.

She started sending out notices offering her services to doctors, and then put an ad in the local weekly. Now she keeps records and pays bills for half a dozen clients, working out of the business' office or from her home. She charges an hourly rate based on the amount of work and responsibility involved.

"I keep accounts for a doctor, a private boys' school, a lawn and garden equipment firm, an air-conditioning contractor, an ice cream company and a small advertising agency," she says. "Usually they come to me when they have fallen behind or have no system at all. I get them organized."

Answering the phone

Geraldine Fallon is a small-towner. She lives in Westchester County, New York, and knows just about everybody's business—because it's her job to know. When her youngest child started school, she bought a telephone answering service from a neighbor. Today she has almost 50 customers, including two volunteer fire departments, three ambulance services, the local oil company and several doctors. Her rates vary depending on the number of hours a day for which a customer wants coverage.

"Telephone answering machines aren't any good for my clients," she explains. "They have to be available all the time for emergencies, day or night. And I always know where to find them. Recently I've hired a high school girl to relieve me two or three afternoons a week. But in general, I'm on call twenty-four hours a day."

Market research

Barbara Bocian, a Queens, New York, mother of three, earns about $2,000 a year in her spare time doing mark surveys on food and other consum items. While her children are in scho she does door-to-door interviews, a when they're home, she works by phon

"I'm gregarious and I enjoy talking people," she says. "Still, I also like to l professional, and I don't want people hear my children in the backgrou when I'm on the phone. They've learne not to interrupt me unless it's importan

"One advantage is that you don't hav to have a big wardrobe to do this wor You can wear what you like at home, an when you go out into the field, you ca put on slacks or a skirt, just so long as yo look nice and neat.

"I've done interviews on cereals, En glish muffins, pizza, spaghetti sauc razor blades, cameras, yogurt and a lot o other foods and products." There is a ways as much work as she wants to han dle, Barbara says. Market research done all over the country, and inte viewers are always in demand. Look i your local Yellow Pages for listings unde "market research."

Family traditions

Judith Rusin's Polish grandmothe taught her many crafts, including how t paint intricate designs on eggs for Christ mas and Easter using the metal tip of shoelace. Today Judith still follows th old tradition, making eggs for church ba zaars and as gifts for friends. Now, how ever, she uses special styluses rather tha the old-fashioned technique.

Three years ago she was at a part where she'd brought one of the eggs as a present. A guest asked her to make on for her. Impulsively Judith said, "Sure but I'll have to charge you for it." To he delight she'd found an eager customer The woman not only bought a painte egg, she also asked Judith to run a craft class in an adult school near her Connect icut home.

She now teaches at nearby arts and senior citizen centers. She is paid on a time basis, usually $12 to $15 an hour And she still has a flourishing business selling her own painted eggs. "Last year I made enough money to

(*continued*

We'd like to hear from our readers What interesting ways have you found to earn extra income by working at home? Manuscripts should be no longer than 500 words and be typed if possible. We will publish selections from these submissions in the months to come. Be sure to keep a copy for your records, because we will not be able to return any entry.

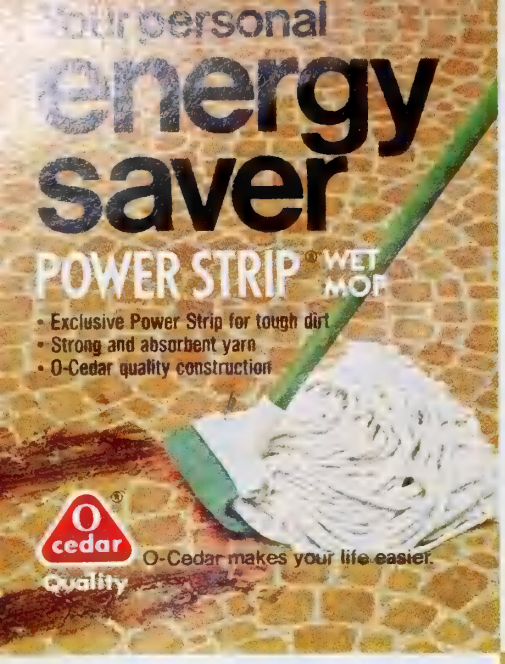
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Just listen to them. "She's the first!" "I knew it! I knew it!" "Have they set the date?" You ant to tell the world. But first you have to share it with the gang. You've shared perfume nd clothes, secrets and dreams—the silly and the serious. And this is erious. There it is, bigger than life, on the third finger of your left and. Reach out to faraway family and friends. Big news or just a ello," they love hearing from you.

Bell System

Reach out and touch someone.



owner to assess what should be sold. I try to create a sort of party atmosphere."

The tag sales she runs typically gross between $1,000 to $3,000. Phyllis' share is usually about 25 percent; slightly less as the gross profit goes up. She suggests women who want to run garage sales for clients may find it safer to charge a flat fee because the profit on most second-hand items isn't as high as on antiques.

Teaching children to read

When *Sue MacDonald's* oldest child, Gary, was seven, his teacher discovered that he suffered from a reading disability, although he had a higher than average I.Q. The teacher suggested private tutoring four or five days a week for Gary. But with a four year old and a new baby, she didn't see how the family could afford it.

Sue decided to try to help Gary herself. Although she had a degree in education, she had never taught. The school's psychologist offered to train her to teach learning disabled children reading skills. For six months, she took lessons for an hour each week, and then helped Gary for half an hour a day.

After a year, Gary had made progress but still needed tutoring. Sue felt that he would be better off with someone teaching him other than herself. "It's hard to tutor your own child. When you get irritated, you start acting like a parent instead of a teacher."

So Sue began teaching other children and using the money to pay for Gary's special classes. Then the psychologist asked her to help set up a broader reading program for learning disabled children throughout the district's elementary schools. She started with eight students and four tutors who were mothers she had helped train. Eventually she expanded to include 40 children and 13 tutors. The job paid $10 an hour, for two and a half hours each day.

Other skills you can use

These are just a few of the skills that housewives have used to earn extra cash. There are others that might work for you.

If you have a green thumb, for instance, how about designing, planting and maybe maintaining a small nursery, herb garden or perennial border for others living in your area? Also, neighbors who need help shopping, busy working women or people who can't drive might pay you to buy groceries for them.

You might "house-sit" by looking after houses during the summer months while their owners are away. Your services would probably include watering plants, feeding pets, taking in the mail and forwarding important letters. If you're really energetic, you could even cut the grass.

Perhaps you're the organized type, and you'd like to try using your talent professionally. Some people will pay to have an outsider organize their offices and homes.

You may even have a skill you could teach as a mini-course at an adult evening school. Tie-dying, macrame, playing a musical instrument and home decorating are only some of the possibilities.

Is there a skill from your days as an office worker that you could recycle? People always need typists, for instance. One interesting job is typing courtroom testimony. How about window-decorating for stores? Or taking photographs of houses on sale for a local real-estate agent?

The secret is to find something you enjoy doing, something you do well and then find someone who needs you. It can be fun as well as profitable. **End**

Stay at Home and Make Money!

continued

take my whole family to California," Judith, mother of four, says proudly.

Tag sales

"Any good comparison-shopper can do it," says *Phyllis Miranker*, who runs tag sales from March to October every year.

Phyllis has a special asset, though. For years when her children were small, she bought antiques at auctions and estate sales and sold them at antique shows. She had abandoned this temporarily because the shows were usually on weekends when she wanted to be with her family. But friends knew she was savvy about market values and began asking her to appraise their possessions.

"One job led to another, and the next thing I knew people were asking me to run their sales," she recalls. Now she gets referrals from former customers and real estate agents who call her when some of their customers need help weeding out their belongings before they move.

Running a tag sale, says Phyllis, involves two or three days' work. It usually takes a day to set a value on and tag the items, and then one or two days more to sell them. Phyllis advises owners what to charge for pieces. In addition she advertises the sale locally, arranges the merchandise attractively and then presides over the sale itself.

"It's often a hard time for the person who's selling his or her own possessions," she says. "Sometimes there has been a divorce or a death and moving can be upsetting. It's easier for me than for the





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YOU AND YOUR HEALTH



LHJ's DOCTOR

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By Michael J. Halberstam, M.D.

"Doctor, I Feel Queasy After Eating..."

(Our physician's diagnosis in this case: gallbladder disease.)

"Doctor, I hate to bother you with this," my patient, a 35-year-old teacher, said with an embarrassed shrug. "But I've been feeling queasy after eating lately, and and I'd like to discuss it with you."

"You don't have to apologize for being sick," I assured her. "I get paid for taking care of sick people." Patients shouldn't feel guilty for consulting their doctor about a problem. Sure, if you phone your physician in the middle of the night for an emergency, it's common courtesy to apologize for waking him or her up. But if you're always compelled to excuse yourself for making an appointment, it's time to work on your attitude—or your doctor's!

In the past I had seen this young woman for acute bronchitis, various minor illnesses and general checkups. I noted on her chart that her last physical was about eight months ago. "What seems to be the problem?" I asked.

"I've been having some trouble digesting," she answered. "I bloat up after I eat . . . pass a lot of gas. I feel sort of, well, not nauseated exactly, but as if I might become nauseated after I finish a meal."

How long has this been going on?"

"Three, maybe four months."

"Have the symptoms changed at all during this time? Do any particular foods seem to start the discomfort?"

"It's gotten worse in the past few weeks—happens just about every day now, in fact. I tried cutting spicy foods out of my diet but that hasn't helped. I've been under a lot of pressure recently at the office. Do you think I have an ulcer?"

"You have some of the symptoms of an ulcer. But the classic sign is a throbbing, persistent pain in the middle of the abdomen, and that's not what you're describing."

I continued to question her. She said she had never had similar problems. She hadn't been taking any new medicines or made any drastic change in her diet. Her appetite, weight and bowel movements had remained stable. A physical examination showed no abnormal inflammation or irregularity.

After she was dressed and back in my office, I recommended she have X-rays done. Her digestive problems, I explained, suggested the possibility of gallbladder disease. That meant a 98 percent chance of gallstones.

As it turned out, my suspicion was confirmed. The radiologist's report read, "Multiple radiolucent areas consistent with cholelithiasis." In other words, she had gallstones. I called her back to my office the next day to discuss the diagnosis and treatment.

"But I thought you had to be overweight and have had a lot of babies to get gallstones!" she exclaimed when I told her what the X-ray showed. "I'm too young to get gallbladder disease."

"No, you're not. Though the problem is more common among older people, it can occur at any age." I went on to explain that 30 years ago, medical students were told to look for gallstones in women who were "fair, fat and forty." But recent studies have not indicated a consistent relationship between obesity and the disease. Furthermore, while the symptoms are more likely to occur when a woman is pregnant, there seems to be no link between the appearance of stones and the number of pregnancies a woman has had.

How the gallbladder works

The liver produces a substance called bile. This dark, thick fluid, which looks like motor oil, contains many products helpful in digestion. Bilirubin from red blood cells and various bile salts that help the body absorb fats are only a few. The gallbladder is a muscular sac in the digestive tract in the upper right portion of the abdomen. The organ concentrates the bile and secretes it into the small intestine, where it plays an important role in breaking down foods.

During the digestive process, bile is in a supersaturated state, just like water that is overloaded with sugar. If the concentration of cholesterol in the bile overwhelms the bile salts, then cholesterol crystals tend to form. Pretty soon, one crystal develops on top of another and gallstones result. In a way, it's a wonder we don't all get gallstones.

"How come some people get them and some don't?" she wanted to know.

"Most of the time there's not a clear-cut cause. There are certain diseases, such as rare anemia, diabetes and a few others, that are associated with a high incidence of gallstones. But these cases make up a small percentage of the total."

"Do you inherit gallbladder disease?" she asked. "There isn't any family history of such problems."

"Many cases can occur in the same *(continued)*

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YOU AND YOUR HEALTH

continued

family simply because it's such a common illness to begin with," I replied. "There may be a slight genetic component that creates a tendency to form stones. But the fact is that members of the same family often have the same dietary patterns."

"You mean it depends on my diet? If I cut down on cholesterol, will my stones go away?"

"No. Reducing the amount of cholesterol you eat won't dissolve stones once they are there, and it won't prevent them from forming either. Doctors now think it's the relative proportions of different substances within the gallbladder itself that tip the balance and trigger the first crystals."

"Is there a medicine that can dissolve gallstones, or will I have to have an operation?"

"There is one medicine, chenodeoxycholic acid, but it has not yet been approved by the Food and Drug Administration for distribution and use in this country."

"So you recommend the operation?"

"No doubt about it. If your gallstones were silent—that is, if they weren't causing any problems but just happened to be discovered in a routine X-ray—it might not be necessary. But with your symptoms, I strongly suggest having the gallbladder removed as soon as possible."

My patient looked very worried. "Won't I get sick without one?"

"No, relax. As I said before, the gallbladder just helps the digestive process. Once this organ is removed, your bile will go directly from the liver into the small intestine. But your digestion should remain the same."

I referred my patient to a surgeon, who carefully explained the details of the operation. He spoke about the risks, the post-operative recovery period and techniques that help speed up the healing process. She agreed to have the surgery done, and sailed through the operation without any complications. Her digestive tract is now in fine shape.

I'd like to point out that though gallbladder disease can occur at any age, it *is* much more common in women than men. And the symptoms can be quite vague. While many patients (and a few doctors) believe that only recurrent bouts of pain on the right side of the stomach indicate gallbladder disease, experience has shown that minor discomforts such as bloating, heartburn, belching or queasiness can mean you have stones.

Usually, of course, these signs do *not* mean you have gallbladder trouble. But if you have had these symptoms regularly for any length of time, it's best to consult your doctor as soon as possible. But don't say, "I think I have gallbladder disease." Let him decide. **End**



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—Priscilla Presley

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With this month's issue, you'll find we've added something to our name. "Ladies' Home Journal Needle & Craft" was first published ten years ago as an offshoot of the Journal, and now it comes back to its parent magazine as part of the magazine's balanced service. Thus, we are now "LADIES' HOME JOURNAL, Incorporating Needle & Craft," and we will offer crafts, especially needle crafts, to our readers, along with the full range of women's interests subjects, which have always been the hallmark of the Journal.

Ladies' Home Journal needle & craft

Rugged Individualism...Make It Yourself



Handsome, gutsy, strong—the essence of hand-made sweatering—for a rich, classic look. Left: A thickly knitted pullover (Robert Redford wears it on our cover), with Fair Isle stripes. Right: Crunchy with character, a zip-up crocheted jacket with large Fair Isle geometrics. Instructions, page 188. By Ann B. Bradley, Crafts Editor.

Needle & Craft photographs by Uli Rose.
Man's sweater design by Janet Traverse.
Boy's sweater design by Carol Hasselriis.
Both, in Manos del Uruguay wool yarns.

For more sweaters, see page 182.



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continued from page 178

Designer Chic...Make It Yourself



Unique designs in beguiling colors offer a look of luxury—at little cost. Left: Softness of a capelet over leg-o-mutton sleeves knit in ombré mohair blend. Right: Sweet Victoriana, crocheted angora, ruffled yoke, popcorn puffs. Instructions on page 188.

Sweater designs by Carol Hasselriis. Both, in Phildar yarns. Skirt fabrics, Stylecrest velveteen prints.

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EXTRA LEMON TWIST FOR EXTRA LEMON TASTE!

So a cat or dog doesn't have a mile-long pedigree—so what? With that lovable pet, you'll still be getting a great bargain . . . and maybe even saving a life.

By Roger Caras

In Praise of Mixed-Breed Pets



Let's not call them "mutts" or "alley cats" anymore. That's right—I'm proposing a change in the English language when it comes to pets that aren't purebred. Why not use the term "random-bred"? It has the dignity these animals deserve; it gives them a position in our vocabulary that matches their place in our hearts.

What is a random-bred dog or cat? It's an animal whose parents (or grandparents, or great-grandparents) are of different breeds. Somewhere in its background there have been at least two animals that were freewheeling works of genetic art rather than matched sets. But that's no reason to get snobbish. In a sense, *all* dogs and cats are random-breds if you look closely at their lineage. Take a breed like the Doberman pinscher, now the second most popular dog in the United States: It dates back to just before the turn of the century, when a man named Louis Dobermann combined a number of different breeds to create a new canine design. As for cats, one recent and really exciting development is the Colourpoint Shorthair (also known as the Lynxpoint or Tabbypoint Siamese), which is a cross between a Siamese and a Domestic Shorthair with tabby markings.

Are purebred pets preferable to random-breds? Not at all, although they do have certain pluses. When you buy a puppy with a reliable pedigree, obviously you'll be able to predict its adult appearance more accurately—size, color, coat and so on. Sometimes, too, you may want a purebred for a special purpose—a working or sporting dog, for example. Or a particular breed may simply appeal to your personal taste.

What are the advantages of random-bred cats and dogs? First, the price is right—more often than not, you can get them free. Even more important, though; you'll be doing a very special good deed. There is an enormous surplus of puppies and kittens in this country; 13 to 15 million of them, mostly random-breds, must be destroyed each year. When you offer an unwanted animal a home, you may literally be saving its life. You are bound to get ten to 15 years of loving gratitude in return.

Which animals are more intelligent, random-breds or purebreds? There's no general rule. Intelligence varies from one animal to another, whether its parentage is pure or mixed. When dogs or cats are responsive and well-mannered, usually it's because their owners raised them that way. With proper socialization and training early in life, your random-bred will almost certainly grow up into a pet you can be proud of.

Is it okay to let my random-bred dog or cat have a litter? I'm absolutely against it. I believe that all random-bred pets—and most purebreds, too—should be spayed or neutered. There are already too many unwanted animals, and further breeding will only create more puppies and kittens that have to die. There's no reason to fear a shortage of dogs and cats, now or in the foreseeable future. There is, however, a shortage of loving homes for them, and that's where you can help—first by adopting a puppy or kitten from a shelter, and then by a conscientious program of "birth control" for your pet.

I've heard that random-breds are more resistant to disease than purebreds, and also that they're more capable of fending for themselves. Is that true? Certainly not. They require precisely the same veterinary attention, including all vaccinations, and they're not automatically more self-sufficient. Obviously, a large, random-bred dog will do somewhat better on its own than a tiny, purebred Chihuahua, but that's a matter of size, not breeding. There's no difference when it comes to your animal's nutritional needs, either. Every puppy or kitten needs a proper diet to grow up strong and healthy, so face the fact that it will cost just as much to feed a random-bred pet as a purebred. Though you'll save money on your initial investment, the care and expense are the same.

Now—how are you adjusting to our new vocabulary? A word like "mutt," even when used affectionately, reduces a pet's standing in the animal world, and low-status creatures are the ones most likely to be abused. Snobbery isn't funny, not when it invites disdain! Join me on the pages of *Ladies' Home Journal* in democratizing the language. Say "random-bred"—and say you saw it here first. **End**

Illustration by Bob Jones

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Make It Yourself

continued from page 182

Instructions follow the new simplified system developed by the National Standards Committee of the hand knitting and crochet industry.

MAN'S FAIR ISLE PULLOVER

pictured on page 178

SIZE: Directions are given for size 36. Changes for sizes 40 and 44 are in parentheses.

MATERIALS: Manos del Uruguay yarns, 1 skein each color as listed on pattern chart. *Note:* Yarn is thick/thin type. Weight will be the same but yardage of individual skeins will vary, or, use any yarns available, either new or leftover. To estimate the amount of each color needed multiply by four the number of rows times width of sweater.

NEEDLES: Circular needles sizes 8 and 9 or any size to give gauge. Straight needles sizes 8 and 9.

GAUGE: On size 9 needles, 4 sts = 1", 4 rows = 1". *NOTE:* Sweater is worked in a given number of rows. To increase length of body, armholes or sleeves, repeat patterns as desired. This may be necessary for size 44.

BODY: With size 8 circular needle and Stone, cast on 144 (160, 176) sts. Join being careful not to twist sts. Work in k 1, p 1 ribbing for 2½". Change to size 9 needle. Follow chart at right for pattern and colors. At armhole, place half, 72, (80, 88) sts on holder for front. Cont in pat to end of chart for back. Bind off. Pick up sts from holder for front and work as for back for 8".

NECK: Work across 30 (32, 34) sts. Place center 12 (16, 20) sts on holder. K across rem 30 (32, 34) sts. Work both shoulders at the same time. Keep in pat. At the same time, dec 1 st at neck edge every row twice, then every other row twice, 26 (28, 30) sts. Work even until same length as back. Bind off for shoulders.

SLEEVES: With size 8 needles and Stone, cast on 32 (32, 40) sts. Work ribbing as for body. Change to size 9 needles and follow chart to sleeve marker. AT THE SAME TIME on row 1, inc 8 sts evenly across, 40 (40, 48) sts. Then inc 1 st ea end every 4 rows 16 times. Keep inc sts in pat, 72 (72, 80) sts. Bind off.

FINISHING: Sew shoulder and sleeve seams. Set in sleeves. With size 8 needles, pick up and knit stitches around neck edge. Work in k 1, p 1 ribbing for 1". Bind off loosely in ribbing. Steam lightly.

BOY'S CROCHET CARDIGAN

pictured on page 178

SIZE: Directions are given for size 7-8. Changes for size 12-14 are in parentheses. Finished chest size is 28" (33").

MATERIALS: Manos del Uruguay yarns, 3 skeins Stone, 1 each Aurora Red, Spruce, Bone, Calypso. Lightweight separating zipper 14" (16") long.

CROCHET HOOKS: Size H and I or any size to give gauge.

GAUGE: With I hook in sc, 4 sc = 1", 4 rows = 1".

STITCHES: *Ridge Stitch:* Row 1: Sc in 2nd ch from hook and each ch across. Ch 1, turn. Row 2: Sc in back loop only in sc of previous row. Repeat Row 2 for Ridge St.

Note: Body of sweater is worked in one piece in sc.

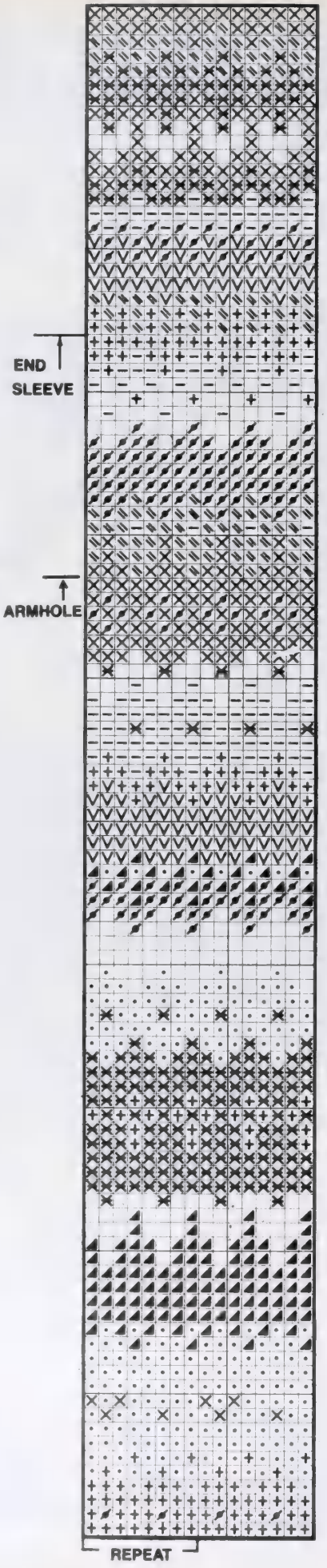
WAISTBAND: With H hook and Calypso, ch 10. Work Ridge St on 9 sts for 84 (100) rows. Ch 1, turn work lengthwise and work 84 (100) sc across edge of band. Change to I hook and Stone. Inc 10 sts evenly spaced across next row 94 (110) sts. Ch 1, turn. Work 1 row even, then inc 8 sts evenly spaced across next row, 102 (118) sts. Work even in sc for 6" (8"). On next row inc 10 sts evenly spaced 112 (128) sts. Work 3 rows even or desired length to underarm. Divide for armholes, 28, 56, 28 (32, 64, 32) sts.

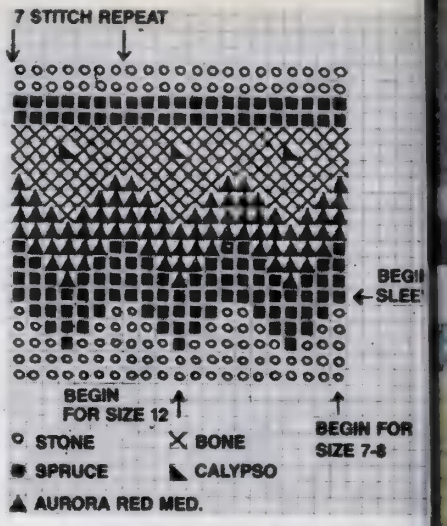
RIGHT FRONT: Work over first 28 (32) sts. Follow chart (top right) for color and pat. Work 1 row Stone. Neck: work 22 (24) Sc. Ch 1, turn. Dec 1 st at neck edge every row 5 times, 17 (19) sts. Work even until 6½" (7½") from beg armhole.

LEFT FRONT: Work on last 28 (32) sts to correspond to Right Front.

BACK: Work on center 56 (64) sts. Work as for front until 3 rows less than front.

NECK: 20 (22) Sc. Ch 1, turn. Dec 1 st at neck edge next 3 rows, 17 (19) sts. End off. Skip center 16 (20) sts. Work other shoulder to correspond.





SLEEVES: With H hook and Calypso, ch 9. Work Ridge St on 8 sts for 24 (32) rows. Ch 1, turn. Work (35) sc across edge of band. Change to I hook an Spruce. Follow chart for color and pat. Work 1 mo row in Spruce. Change to Stone. On next row an every 4th row inc 4 sts evenly spaced 3 times, 40 (4 sts. Work even until 14" (16") from beg or desire length to underarm.

CAP: Dec 1 st at beg and end of every row 8 time Work 1 row sc around armhole. End off (both sizes)

COLLAR: With H hook and Calypso ch 7. Work Ridge St on 6 sc until band is approx 2" smaller tha neck (stretch to fit easily).

POCKETS: With I hook and Stone, ch 19 (21). Sc 2nd ch from hook and ea ch across, 18 (20) sts. Wo even in sc for 8 (10) rows. On one edge only, dec 1 every row to 1 sc. Work 1 row sc around outside edg with 3 sc in ea corner to turn.

FINISHING: Sew shoulder and sleeve seams. Set sleeves. Stretch collar to fit and sew to neck. Follo directions on package to insert zipper. Sew pockets. Steam lightly.

MOTHER'S CAPED CARDIGAN

pictured on page 182

SIZE: Directions are given for size 8. Changes fi sizes 12 & 16 are in parentheses.

MATERIALS: Phildar's Beaugency, 40 gr skeins, (12, 13) #32 Ecureuil; lightweight separating zipp 14" (14", 15") long.

KNITTING NEEDLES/CROCHET HOOKS: Circu lar needles sizes 7, 9, 10 & 11. Aluminum hook size

GAUGE: In st st on size 10 needles, 3 sts = 1".

Note: To decrease: SKP: Sl 1, k 1, pass slipped st ove

BODY: Body of sweater is worked in one piece bac and forth on circular needles. Beg at peplum. Wit size 11 needles, cast on 96 (108, 120) sts. Work in st for 2½" (2½", 3"). Change to size 10 needles. Work i st st for 2" (2½", 2½"). Change to size 9 needles. O right side, k 5 * (p1, k1). Repeat from * to last 6 st p1, k 5. Cont with k border & rib body for 5" (a sizes). Change to size 10 needles. Work in st st for (all sizes) or to desired length to armhole. Divide fo armhole shaping. K across first 24 (27, 30) sts. Plac rem sts on holder.

(continued on page 192)

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Kings: 8 mg "tar," 0.6 mg nicotine—100's: 11 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Dec.'79

Make It Yourself

continued from page 188

RIGHT FRONT: Bind off 2 (3, 4) sts. P to end. **Next Row:** K to last 3 sts, SKP, k 1, end 21 (23, 25) sts. Work even until 4½" (4¾", 5") from beg armhole.

NECK: Bind off 7 (7, 9) sts, k to end. ***Next Row:** P. **Next Row:** K 1, k 2 tog, k to end. Rep from * once. 12 (12, 14) sts. Work even until 7½" (8", 8½") from beg armhole. Bind off 6 (6, 7) sts at beg of next 2 rows. End off.

LEFT FRONT: Place last 24 (27, 30) sts on needles. Join yarn on right side. Bind off 2 (3, 4) sts, k to end. Work Left Front to correspond to Right Front.

BACK: Place rem 48 (54, 60) sts on needles. Bind off 2 (3, 4) sts at beg of next 2 rows. Dec 1 st at beg and end of next row 42 (46, 50) sts. Work even until back is same length as front to shoulder. K 12 (12, 14), bind off center 18 (22, 22) sts, k rem 12 (12, 14) sts. Bind off shoulders as for fronts.

SLEEVES: With size 7 needles, cast on 30 (30, 35) sts. Work in k 1, p 1 ribbing for 1". Change to size 9 needles and st st. Work even for 4" (4½", 5"). Change to size 10 needles. Work even for 4" (all sizes). **Next Row:** Inc 1 st in every 5th st 6 (6, 7) times; 36 (36, 42) sts. Work even for 2". **Next Row:** Inc 1 st in every 6th st across. 42 (42, 49) sts. Work even for 2". **Next Row:** Inc 1 st in every 7th st across. 48 (48, 56) sts. Work even for 2". **Next Row:** Inc 1 st in every 8th st across, 54 (54, 63) sts. Work even for 2" or to desired length to underarm.

ARMHOLE: Bind off 2 (2, 4) sts at beg of next 2 rows. Dec 1 st ea end of next row, 48 (48, 53) sts. Work even until 6½" (7", 7½") from beg armhole or approx 1" less than front armhole. For size 16 ONLY, dec 1 st on last row to 52 sts.

TOP SHAPING: Row 1: [SKP] 12 (12, 13) times, [k 2 tog] 12 (12, 13) times. **Row 2:** P. Rep Rows 1 & 2 once. Pull yarn through rem 12 (12, 13) sts. End off.

CAPE: Beg at neck. With size 7 needles, cast on 60 (60, 72) sts. Work in k 1, p 1 ribbing for 2 rows. Change to size 10 needles. K 1 row. Casing: **Row 1:** K 1, * yo, p 2 tog. Rep from * across, end k 1. **Row 2:** K. **Row 3:** P. **Next Row:** Inc 1 st in every 3rd st across. Work even in st st for 2" (2", 3"). Change to size 11 needles. Cont in st st for 1" (all sizes). Beg eyelets. **Row 1:** * K 3, yo. Rep from * across, end k 3. **Row 2** and all even rows: P. **Row 3:** K 3, * yo, k 2 tog, k 2. Rep from * across. **Row 5:** K 1, * inc 1 st in next st, k 1, yo, k 2 tog. Rep from * across, end k 1. **Row 7:** K 4, * yo, k 2 tog, k 3. Rep from * across, end k 3. **Row 9:** K 2, yo, * k 2, yo, k 2 tog, k 1, yo. Rep from * across, end k 2. **Row 11:** K 2 * yo, k 2 tog, k 1. Rep from * across. **Row 12:** P. Rep [Rows 11 & 12] 3 times. Bind off VERY loosely.

COLLAR: Sew shoulder seams. With size 7 needles, pick up 60 (60, 72) sts around neck. Work in k 1, p 1 ribbing for 2 rows. Work casing as for cape with k 1, * yo, k 2 tog, across, end k 1, P 1 row. Cont in ribbing for 2". Bind off loosely.

FINISHING: Sew sleeve seams. Set in sleeve, easing fullness at top. With K hook, work 1 row sc around outside edge of sweater, beg at collar. Work 3 sc in corners to turn. For more flare, work 2 sc in every 5th st along bottom edge. Work 1 row sc around outside edge of cape. Follow directions on package to insert zipper. Begin about 1½" below neck.

TIE: With double strand of yarn and K hook, ch about 2 yds, or desired length. Attach tassels on ends. **

To attach cape. Position casing sections over each other. Thread chain through, sp skipping 1 back opening as necessary. ** Sew on tassels. To use interchangeably, make small tassels which will pass easily through the openings.

GIRL'S CROCHET SWEATER

pictured on page 182

For girl's angora, ruffled yoke, popcorn stitch sweater instructions send 50¢ to cover postage and handling to: Phildar Corporation, Dept. LHJ, 6438 Dawson Blvd., Norcross, Ga. 30093.

SIZE: Directions are given for size 6. Changes for sizes 8 and 10 are in parentheses.

MATERIALS: Phildar's Nanette, 10 gr balls, 17 (19, 21) Ciel # 32 (A). Enjeu, 50 gr balls, 2 (all sizes) Ondine #69 (B). 14 buttons.

CROCHET HOOK: Size H, or size to obtain gauge.

GAUGE: In sc, 5 sts = 1" **End**

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OHIO	Elder-Beerman, Gidding-Jenny, Gregg's, Halle's *(Columbus)*, Higbee's, Hudson's, Jacobson's, LaSalle's *(Bowling Green)*, Lazarus, May Co., O'Neil's, Rike's, Shillito's, Stern & Mann, Strouss
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SOUTH CAROLINA	Davison's
SOUTH DAKOTA	Younkers
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TEXAS	Bealls, Foley's, Joske's, McClurkan's, The Popular, Scarbroughs
VERMONT	Almy's, Magrams
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GLEMBY IN-STORE HAIR SALONS

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The Old Neighborhood

continued from page 119

for the landlord's wife, Beatrice. The building's most distinguished citizen was The Dentist, who had an office on the ground floor; the smell of ether lingered in the lobby.

My best friends were Arthur Pollack and Jerry Rosen. We were in class 5-1 at P.S. 86, our teacher, Miss Brenner, was a humorless woman in her forties, her hair pulled back into a tight bun. The war had helped her organize an educational philosophy; she went from elementary school teacher to pre-induction officer.

"Stand up, Steven R. Hup-hup! At attention!" We were children of the homefront. I had just downed my sixth German Focke-Wulf of the morning in my composition book. I rose at attention to the snickering of my classmates, some of whom had been sinking U-boats.

"I said, 'Hands folded on desks.'"

"Yes, Miss Brenner."

"That does not mean 'Hands writing in notebooks,' does it?"

"No, Miss Brenner."

"I am going to tell you of an incident that cannot be repeated sufficient times."

The Foxhole Story. Again! Arthur Pollack produced a comic groan and Jerry Rosen began to giggle.

"Stand up, Arthur P. And you, too, Jerry R. At attention!"

The giggling was now widespread.

"Stand up, class. All of you, attention!"

Miss Brenner had the entire class on its feet as she told her favorite war story.

"The infantry squad was in foxholes near the enemy lines. A rifle shot was heard. The officer yelled, 'Heads down!' Some were slow to respond. Others did not respond at all. Everyone was killed. Except for one man. That man *did* respond. That man put his head down quickly. That man was Corporal Howard Reese, a former pupil of mine, who learned in *my* classroom how to follow instructions. And he lived. And the others died. He wrote to tell me this. And that is an important story. You are to listen to your teacher." Then she said, in case anyone had missed the point: "Or maybe one day you will be in battle and not know how to listen."

Suddenly, this time in the telling, she noticed a problem with the story line. She rushed to add: "That means girls, too. You could be combat nurses."

Arthur, Jerry and I were kept after school for being weisenheimers. We had to write on the blackboard 30 times, "I will not be rude and inattentive," a heavy punishment, which kept us out of the first stickball game of the afternoon.

Jerry lived in my building, his father was Rosen's Dry Cleaning on Kingsbridge Road. Arthur was the rich one among us, his father worked in Manhattan for a printing company, and Arthur owned electric baseball. We were Yankee fans; my favorite player was George "Snuffy" Stirnweiss, who led the American League in batting in 1945 with a wartime average of .309. His picture was pasted to the wall above my bed, along with my collection of Dixie Cup covers with scenes of "Our Branches of Service in Action." I listened to Yankee games on the radio, the road games recreated in the studio to the sound of the Western Union ticker: "Grimes hits a high fly" . . . tick . . . tick . . . tick. . . . "It's down the left field line" . . . tick . . . tick . . . "It's" . . . tick . . . tick . . . tick . . . tick . . . "a foul ball." Time was suspended in these reports which came in from such exotic places as Cleveland and Chicago.

My parents, Sylvia and Bernard Robbins, had moved to this neighborhood from the Lower East Side the year I was born. They came north by subway to a new social position in their lives, to an area with parks and elevator buildings. My father had been hired as an assistant manager of a men's haberdashery store on Fordham Road. Six feet one with reddish hair, he was slightly stoop-shouldered, as if he were embarrassed to be taller than his neighbors. My mother was small and fair with fragile features, a woman who attempted to manage her responsibilities as she perceived them—to run the household and be informed. Our family and The Dentist and his wife were the only people in the building to read *The New York Times*, not held in high regard in the neighborhood, as it did not have horse-racing tips or the comics.

My father, 4-F because of a heart murmur, was an air-raid warden, out on the streets during blackouts. In his work, after ten years in the Bronx, he was still an assistant manager in the haberdashery, which meant that he was but a salesman entrusted to use the cash register. He was extremely low-keyed in business. The store manager told my mother, "He's too nice."

Angry with my father, my mother confronted him at the dinner table.

"What salesman should be called nice? They should be saying you're aggressive!"

"Some of these salesmen—they'll sell you anything," he answered, defending himself, turning to me. "Even clothes that don't fit. I can't do that."

He did not advance in his work or earn the money that others did, but he was honest, the word in the neighborhood was that people respected him. So he was retained in his job by a succession of store managers he never replaced.

Our apartment was decorated modestly, bare wood floors, mahogany pieces, wing chairs and a greenish tweed couch in the living room. The prized piece was our push-button console radio, an Emerson, purchased on time. Some families in the neighborhood went to the Catskills or to Rockaway for the summer. *(continued)*



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What kind of diet is best for you? The best thing to do is to determine how much weight you want to lose, and how much time you want to give yourself to lose it. Then diet accordingly. If you cut down on calories gradually, you'll avoid that starved, desperate feeling.

If you're going to cut calories, be smart about it. You may be cutting out some very important foods from your diet. (And that can be downright unhealthy.) That's when it's time to take Femiron. Just one Femiron Multi-Vitamin and Iron tablet every morning is the quickest, most effective way of getting all the iron and important vitamins your body needs.

So if you're on a diet, or thinking about going on one, be sure to take Femiron.



s my mother was given to remind my ther. On Sundays we went to Orchard each by bus. They argued often over oney. I pretended not to listen. My other never took a job to help the fam- y income because in the neighborhood ives did not work, unless the husband as in the army or dead. Neither the usband nor the wife would have ap- roved of the woman working. This was ltural, a given, in the same way that oubled couples, as my parents were, ever got divorced. As I think back, 35 ars later, remembering that besieged ouple and the tired man who was my ther, it is astonishing to me that I am an der man now than my father was then.

A major day arrived in my life. Not only id I have permission to go with Arthur the RKO Fordham for the children's ow, five cartoons, a Pete Smith, a chap- r, plus the double feature, not only did have spending money for candy, but terward we were going to climb Liberty ell Bridge and Arthur was going to let e "go halfies" on his ringing of the bell. facsimile of The Liberty Bell was erec- d on the Grand Concourse in front of e Loew's Paradise Theater and anyone ho bought a war bond could climb the ridge and ring the bell for freedom. I ad not yet been able to save enough for bond in my war stamp book, but Arthur ad rung the bell twice before. A bonus for the bell ringers was to look inside a captured two-man Japanese submarine which was part of the war-bond display. When the movies were over we ran to the Paradise, then holding Arthur's bond together, we stepped up on the bridge and rang the bell—pals for victory. We peered into the submarine and were intrigued by how small and sneaky the submarine looked. I was momentarily encouraged to change my favorite branch of service from the Army Air Corps to the Navy so I could sink Japanese submarines with depth charges from my destroyer.

In the neighborhood, the sense of participation, of being part of a nation at war, was palpable. People placed white flags with blue stars in their windows to signify a man in uniform, sometimes a double star for two men, or a gold star for a man killed. It was a working-class neighborhood, divided between Jews and Irish Catholics. The myth that "the Jews killed Christ" was still believed by some people then, but the religious issue generally was set aside during those years. Jews and Catholics were in The Big Fight together and on the killing of Christ it was acknowledged that, at the very least, the event was pre-war.

On June 6, 1944, D-Day, the schools closed early and we were asked to attend one of the special afternoon services being conducted in local churches and synagogues to pray for the safe return of Allied servicemen. The radio had announced that many would die in the fighting, that it was the biggest battle of the war. I walked with Arthur and Jerry to the Jacob H. Schiff Center near Fordham Road. I was nervous as we entered the synagogue, we were supposed to pray and I had never prayed. The synagogue was crowded with children who had been released from school, women from the neighborhood and the elderly. The rabbi began the service with a news bulletin, the first beachheads were secure. A children's choir sang hymns in Hebrew and the rabbi recited the Lord's Prayer in English, which was momentarily reassuring, since I had heard it in school. Then came the moment I was dreading. He asked the congregation to pray. I closed my eyes and began to imagine bodies being blown out of the water by enemy mortar fire, blood trickling out of the sides of mouths of soldiers in trenches, bayonets ripping into stomachs, planes streaming into mountainsides, pilots' bodies burning—images reinforced by dozens of war movies, now embellished by my imagination and the ominous quality of this day, that I was released from school on D-Day, the day of the biggest battle of the war, that many would die in the fighting, that I was to come here to this strange place, ignorant of the rules, *(continued)*



The Old Neighborhood

continued

and that my prayers—whatever prayi
was, whatever God was—had been ask
for, and the deaths frightened me. I w
ten years old and I wanted the war
stop. The romantic adventure of the w
ended for me on this day. No longer di
draw pictures of P-38s and Germ
planes in my books. The war had
hausted my capacity for militant fantas

On April 12, 1945, Franklin Dela
Roosevelt died. In this working-cl
neighborhood he was revered, the m
who had led the nation out of the D
pression, the Commander-in-Chief. Pe
ple drifted into the streets and gather
on street corners to console each oth
School was canceled on the day of t
funeral, stores closed, strangers pass
and nodded, sharing the sense of lo
Our doorbell rang and standing there w
our next-door neighbor, Mrs. Cavanaug
a widow who lived alone. No more than
"Good morning" had ever passed b
tween Mrs. Cavanaugh and the membe
of my family. Alone in her sorrow, sh
asked if she might come in for a cup
tea. We sat with the radio playing a
listened to the reports of the funer
none of us speaking. Then Mrs. Ca
anaugh began to talk about her life, abo
the details of her husband's death, sh
wept for President Roosevelt and for h
husband, then excused herself abrupt
never to approach us again or ever aga
to say any more than a "Good morning,

When Germany surrendered, V-E D
was declared, for victory in Europe, a
an avalanche of paper commemorated th
event in the neighborhood. People thre
paper out of their windows, the fastidio
cut it into confetti, children hurled rol
of toilet paper from the roofs. I was wit
my friends, running through the pape
that covered the streets. We kicked it, w
scooped it, we tossed it like snow.

The Memorial Day parade along th
Grand Concourse after V-E Day was
massive victory celebration. Everyon
who could march was there—serviceme
on leave wearing their uniforms, civilia
from war organizations, the wounded i
special cars. Those families whose wi
dows faced the Concourse compete
with each other in the sizes of thei
American flags. Arthur, whose apartme
was on the Concourse, invited us t
watch from his living room windo
Whenever a color guard passed by, th
spectators sitting along the curb woul
rise and come to attention. Uncertain
protocol and wanting to do the corre
thing on this important day, when
color guard passed beneath us, we stoo
at attention in the living room.

(*continued on page 200*)


It's super because it's secret. So secret we had to turn it inside out before you could see the Super Cross support. Which means that no one else can see it at all... even under today's clingiest clothes.
Proving that you can have terrific crossover lift and separation without any strappy outside X to mark the spot.
In tailored white or beige, style 1036, (shown). Also glossy stripes in white, beige, spice or wine, style 1035. Both of Antron® nylon Lycra® stretch, 32-36 A, 32-38 B, C, $8.50.
Presenting the shape you couldn't have till now.
It's the Super Cross.
It's new. It's from Warner's.
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9 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.


When he offers you a low tar
cigarette, tell him you've got
one of your own.

The Old Neighborhood

continued from page 196

"Unconditional surrender!" the younger children yelled without comprehending the words. Victory over Japan. V-J Day. produced another blizzard of paper in the neighborhood. I was part of the celebration in the street when I happened to notice the gold star mother at her window. We did not know her name, but we had seen her, at times, looking down at us when we played. She opened the window and was holding a small brown paper bag. She emptied it and a little stream of cut-up paper went floating to the street below. She watched as the last pieces fell to the ground, then she closed her window. The war was over.

From December 7, 1941, to August 14, 1945, the people in the neighborhood did their share for the duration. The sons and the husbands, those who were able, went into service, those behind bought the war stamps and war bonds, saved the scrap paper, worked in the ground-observer corps and civilian defense, dealt with rationing and shortages, listened to the radio reports with the same hopes that the war would end quickly so the boys could come home. There was a feeling that the people of the neighborhood had been through something together. I was seven years old when the war began and 11 when it ended. Beyond the imagery, th war movies, the war posters, the w fantasies, what I remember is the sen of community in the neighborhood those years. It was special and profou and I have never forgotten it. E

Personal Postscript from the Author

We measured the world in small terms then, simpler terms. If you brow through the magazines of the period, t graphics in the ads are full of ros cheeked optimism. In our communiti across the nation we were striving fo great "E—for Effort"—together.

We still knew our neighbors. We s knew the people who sold us goods a services. We were visible to one anoth We belonged somewhere.

It is difficult to have a sense of co munity today when so many of us are the move. Since World War II we ha become a highly transient society. T economy goes through cyclical periods severe unemployment and people mo to find work. Half of all the people America who move today do so becau of jobs. Corporations shift people arou as though their employees were in t military. Senior citizens move to reti ment areas. And the divorce rate adds the equation. When people divorce, least one person moves out.

The "community" has become nebulous concept. We are defined mo by how much we earn than where we from. The loss of our sense of place a our connection to one another might be so severe if we had a feeling that belonged to a larger community—to nation. During World War II we h have thought of ourselves as part o neighborhood, a home town, but were, above all else, Americans. We w a people who hanged flags. Our b were fighting for "Our way of life," "T Four Freedoms." We had a national p pose and were all part of a common go A soldier in Europe would find in newly issued jacket, a note written by person in a clothing plant back ho saying, "Good luck, soldier." There w black market operators, and profiteers all kinds, but the vast majority of peo worked hard at long hours across country. People cared in a deep about the integrity of their work. were Americans. And if you were i defense plant, you worried about ine ciency endangering a soldier in bat The given was that you did it right. "E for Effort."

We used to be a people who took pr in our work, in ourselves, in where lived and in our nation. Perhaps what need is to develop "I—for Integrity" the Eighties the way we had "E— Effort" in the Forties. We do not hav national goal we can all strive for—w not a personal goal we can all strive fo

Can you imagine going *continu*



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The Old Neighborhood

continued

through a day where your expectation was that no one you dealt with was going to lie to you—just as you would not lie to anyone? That people would not spray-paint graffiti or litter the streets because doing it might affect the integrity of the area? That when you received a new product it worked the way it was supposed to? That all our goods and services were as promised?

I may have an extraordinarily quixotic notion here, but if we all went about what we did with the same kind of integrity we had during the years of World War II, I believe we could have more kinship with one another. We would have more reason to respect one another and trust one another.

Social changes could follow—it would be important to our overall integrity as a people to get it right. I hope I don't sound like a crusty oldtimer, but I really think it is time for the old values again—for integrity to be part of "Our way of life," and not just be the material of nostalgia.—AVERY CORMAN

Good Marriage?

continued from page 78

to how an election turned out. They are open and direct in expressing their feelings; they don't manipulate each other to get what they want.

Like any married people, of course, they quarrel sometimes. Generally, though, their knack for communication sees them through. They resolve conflicts quickly, forgive each other readily and don't carry grudges.

Take Jim and Barbara, for example. When he came down with the flu and had to stay home from work, she went about her daily routine as if nothing had happened. He felt ignored and rejected. Later, after he'd recovered, Jim told his wife how he felt. As they talked, it became clear that each had very different attitudes toward illness: Barbara thought sick people should be left in peace; Jim thought they should be hovered over and catered to—that's what his mother had always done. Once Barbara understood Jim's needs when he is ill, she was glad to give him the extra nurturing he craved.

- *They have a positive outlook on life.* Inevitably, there will be bad times in any marriage. But if a couple have faith that things will get better, they can cope with crisis. In fact, the shared experience may even help make their bond stronger.

"We have been through almost every kind of disaster," says Donna Andersen. "Severe financial problems, my bout with cancer at the age of twenty-eight and the birth of a child with club feet. But as we pushed together to face each test, we learned to cling together, and with each crisis we became more capable of facing the next."

- *They don't take the good things for granted.* They are quick to express appreciation and are generous with praise. As the Decosimo family was finishing a special Sunday dinner, Joe stood up and paid tribute to his wife's efforts: "Okay, kids, let's give Mom a hip-hip hooray!" And Bobbe and Tom Lyon of Winter Park, Fla., remain close despite their different work schedules: They leave loving notes for each other to show they care.

- *They are deeply spiritual.* Vital marriage partners tend to have strong religious convictions. Although they may not be affiliated with any organized church, they are committed to a spiritual lifestyle—a sense that God is a constant presence in their everyday lives. Their faith and their prayers help them become less petty, more forgiving. And that is true even of couples in interfaith marriages, like John and Andrea Patterson of Medford, Ore.: They worship in different churches but are remarkably similar in their feelings about religion and the way it helps their marriage.

- *They are sensitive to other people.* This is really the bottom line—the primary reason these people can build and maintain strong relationships. They recognize the needs of others, respect their differences, consider their feelings, put themselves in the other person's shoes. As we talked with each couple, we were struck by the respect they showed toward each other, even when they disagreed—a quality Ammons and Stinnett call "otherness," as opposed to "self-ness."

Mark Wingertsahn of Casselberry, Fla., married almost 12 years, puts it this way: "If you go into marriage thinking, 'What is this going to do for me?' you could be looking for trouble. To make it work, you have to think, 'What is it going to do for *us*?'"

How to succeed in marriage (with a lot of trying)

Now that we've identified some of the qualities shared by loving husbands and wives, have we solved the mystery of what makes a marriage work? Not quite. It is impossible to write out a recipe for a good relationship, reducing it to a simple list of ingredients that the cooks either have, or don't have, in the kitchen. Many of these devoted couples didn't start out with all the personality traits singled out in the study. As we talked to them, we realized that what they did have in common was the willingness to grow and change. Yes, they are happier than many married people, but it is often because they worked harder to become that way. And so can you.

Begin by assessing your strengths—the questions on page 78 may help you test your marriage's "vitality" quotient. Then take another look at our happy-marriage profile; chances are that some of the items apply to you and your husband. Perhaps you've always had a great sex life. It could be that your religious faith, coupled with a strong commitment to each other, is a powerful bond. What resources can you harness in aid of your marriage—independence of mind, consideration for others? You may not be quite satisfied with your relationship right now, but there's probably more to build on than you expected.

None of us is perfect. We can all improve in many areas. It's important to identify the holes in your own coat—the marriage "skills" you've never really possessed, or those that have grown rusty over the years. It's especially helpful to focus on your own personality instead of trying to spot flaws in your husband's: None of us has the power to change another person, but we do have control over ourselves.

One step at a time

Is there more than one area in which you feel inadequate? Don't be discouraged. Above all, don't try to attack everything at once or you'll set yourself up for failure. Take it one step at a time. And take heart from the experience of many couples in this study. Remember that they, too, frequently felt it necessary to alter some aspect of their personalities.

Andrea Patterson, for example, felt that growing up as an only child had made her far too self-involved. "I made up my mind to change, so I wouldn't set a bad example for my children." She often forced herself to bring her youngsters into the kitchen with her, even when she came home tired and rushed after work and could have cooked dinner far more efficiently without their "help." Over the years, she has also gone out of her way to please John by inviting his relatives over for dinner, even if she felt more like relaxing.

Tom Lyon, a quiet, studious engineer, was never much of a talker. But under the influence of his more outgoing wife, Bobbe, he recognized the need "to get out of my shell" and become more verbal. The result? During their 22 years together, they have become much better at confronting and resolving their problems.

Donna Andersen, who used to shy away from conflict, discovered that arguing can actually help. "If couples are willing to fight," she says, "they're going to communicate." And another wife had to learn the opposite lesson—"what *not* to fight about, how to be less petty."

A sense of commitment to marriage can also be nurtured. "As I watched so many of my friends jumping out of fifteen- and twenty-year marriages, the thought crossed my mind, too," says Bobbe Lyon. "After all, Tom and I had *(continued)*

Stress can rob you of vitamins. And zinc.

What science tells us about stress and vitamins.

Stress is your body's reaction to any physical condition that places an unusual demand on it. When it upsets your nutritional balance, stress—whether due to physical overwork, fad dieting, alcohol, a severe infection or injury—may cause a vitamin depletion.



It's true that certain vitamins are stockpiled in the body for emergency use. But most of the water-soluble vitamins are not. If the extraordinary nutritional demands of stress are prolonged, a deficiency of these vitamins can develop.

The importance of zinc during stress.

Zinc is an essential mineral found in human tissues. It is involved in dozens of the body's biochemical activities, including digestion, respiration, and the normal growth of bone and skin cells. Because zinc requirements have also been found to increase during various forms of stress, it has recently been concluded that there are times when your body may also need more zinc.

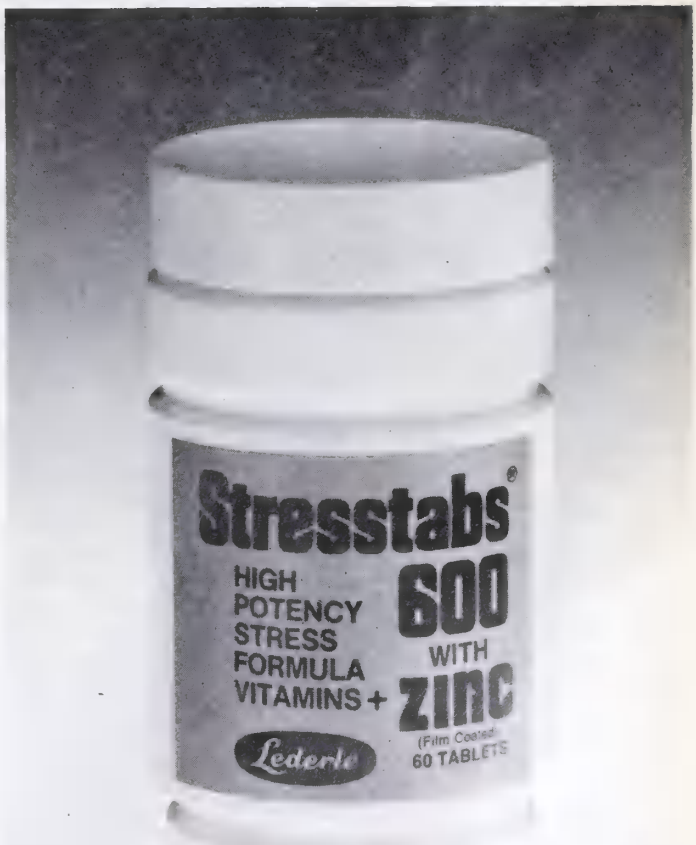
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Good Marriage?

continued

our problems, just like any other married couple. But then I looked at the total picture and I asked myself, 'What would I really gain?' The answer was nothing.

"So I decided to stick it out, and now we can both recognize that even if the other person isn't going to change in the way each of us might like, we can accept each other the way we are. We've lived through the worst of it. Now I feel like sighing with relief, 'Oh, am I glad *that's* over!'"

Becoming the people we want to be

It's not always easy to change yourself in ways that will make your marriage happier, but the husbands and wives we met prove that it's more than possible. There are, of course, many different routes a couple can take. You might, like Rachel Decosimo, have a sudden flash of insight and simply make up your mind to be different. In her case, she resolved "to stop feeling sorry for myself, to turn off my tears and to try to grow up."

Often, one partner can learn from the other. "John is much more easygoing and accepting than I am," says Andrea Patterson, "and he's helped me learn to deal better with the everyday stressful things." Look for the strengths in your personality—and your relationship—and look for ways that you can use them to build up the areas where you're weak.

Your first move might simply involve setting aside a specific time for you and your husband to talk. Perhaps you could arrange for a baby-sitter to take the children out so that the two of you can spend a romantic evening at home together. And, by all means, whenever you feel particularly positive about something your husband has done—or the way he is—go ahead and say so.

There's also help to be had outside the family. Sharon and Mark Wingertsahn had a problem arising from their different religious backgrounds; support from their parents and clergymen guided them toward a solution. And psychotherapy helped one young wife become calmer, more self-assured. "Now I can see things in a more cosmic way," she told me. "When a problem comes up, I can put it in its place."

Look around your community, too. Workshops and seminars on marriage enrichment, behavior modification, assertiveness training and communication skills are offered all over the country. For some good leads, call a friend, a family service agency, the local "Y," or the community affairs department of a nearby college.

Before any transformation can take place, of course, you must have a genuine desire for change, and you must persist in your efforts. It took a long time for your personality to take on its present shape, and it will probably take weeks, months or even years for it to assume a new one.

But—and it is an important but—you must also accept your limitations. No matter how much *you* change, you may not be able to remake your marriage into exactly what you want. After all, your husband's personality is just as important an ingredient in the relationship as your own. Still, it is worth trying: Change in one person can often spur change in the other and, as a result, in their marriage.

"Personality *is* hard to change," says Dr. Stinnett, "but we have definite evidence that we *can* cultivate the qualities associated with personality. And when we do this, we can often change our lives for the better."

"Sometimes we look too much for magical formulas," adds Dr. Ammons. "But the nitty-gritty of the thing is that building a good marriage takes a lot of effort."

Traditionally, we have thought in terms of what we can *do* to improve our marriages. But these researchers suggest a different set of questions: What kind of people *are* we—and how can we become the people we want to be? The starting point in making a marriage work is working on ourselves. The results are bound to reverberate through all our relationships, including the most intimate one of all. **End**

BATTLE AGAINST POT

continued from page 82

ıter for the party's guest list. Then she started going door or, inviting parents of the children on the list to a ng. Thirty parents attended. Most did not know each But by the end of the evening they were close—bound e same bewilderment and anguish. They gave each other ments to help familiarize themselves with their children's r. They questioned police, school-bus drivers, employees local pinball parlor where youngsters met.

the second meeting, the group decided on a concept that ow become one of the basic tenets of the nationwide t movement. "Since the major causative force of teen-age moking is peer pressure," explains Marsha, "the major we must use to counteract it is *parent peer pressure*."

ıding together, the group established rules. First, all kids l be grounded for three weeks. "Sticking with this," says ıa, "was the supreme test of our conviction, and the ren's recognition of our seriousness." When the grounding ver, new rules descended and were strictly enforced. A w was established, and places where drug usage was ıon—from pizza parlors to rock concerts—were declared its. Allowances, said the parents, would henceforth have e earned, and then watched carefully. And no drugs, ol or cigarette smoking would be permitted—at any time.

first the children were stunned. But when they learned heir friends were "getting it" in the same way, most of the gsters seemed strangely relieved.

e parents then set up a monitoring service that covered place the kids gathered—from the early morning bus o afternoon float-building parties for football games. And, many children had after-school pot parties in the conven- empty houses of working parents, parents who did not jobs volunteered to chaperone youngsters.

ıat were the results of this parental peer pressure? Parents were inconsistent, or who conceded on small points at never gained control of the drug situation. But, invaria- vhen parents held implacably to all the *(continued)*



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BATTLE AGAINST POT

continued

rules the group had established, their children were totally drug-free within three to six months—and all have remained so. These youngsters have also influenced their younger siblings. As one 13 year old told her little sister, "If you get involved with drugs, I'll cream you!"

The parental peer pressure method proved so astonishingly successful that Dr. Robert DuPont, the director of the NIDA, commissioned Marsha Manatt to write a booklet describing it in detail. Over 200,000 copies of *Parents, Peers and Pot* have been distributed to date, and this single small book [see box, p. 82] has since spawned hundreds of similar parent groups throughout the country.

In addition, Marsha and Dr. Thomas Gleaton, of Atlanta, founded a national organization—Parent Resource Institute for Drug Education (PRIDE)—to expand the concept. And, in June 1980, Marsha was elected research director of the NFP.

Father gets involved

Vice President of NFP is Otto Moulton, a precision machine-plant owner and the father of four children. Moulton, who lives in the small, quiet town of Danvers, Mass., became involved with the drug-free movement at 4:30 A.M. on a cold October day in 1977. Stopping to buy a newspaper on his way to work, he noticed the drug-oriented magazine *High Times* on the shelf next to a *Sesame Street* coloring book. Enraged, he organized a town meeting, and 200 parents showed up.

In Atlanta, Marsha Manatt read about the meeting, phoned Otto, and an important new link in the emerging parent network was forged.

Moulton soon challenged such organizations as the National Organization for Reform of Marijuana Laws (NORML), Do-It-Now and Stash. "Their material on marijuana," he says, "is inaccurate, outdated and totally misleading. Yet their pro-pot literature has been distributed for years by state drug-abuse agencies, paid for with tax money."

Otto went to Washington, met with senators and representatives and was told: "We've been hearing for years from pro-pot people, and that's all we hear from." He promptly organized an expert team of researchers, and created the Committees of Correspondence, which sends members background information on drug-abuse issues, encouraging them to write their views to elected representatives. [See box, p. 82]

Last June Moulton was invited to speak at a two-day, international drug-abuse conference held at Columbia University's College of Physicians and Surgeons in New York. Discussing the pro-drug press and its contributions to the youth drug culture, he concluded, "The parent movement is the main force we have to protect the present generation—which is the future of our country."

One of the most active and effective board members of NFP learned about the drug scene quite by accident. A young boy in her Silver Spring, Md., neighborhood asked her to buy three tickets to a concert starring the rock group Kiss. He assured her that "little kids love this group, especially seven to eleven year olds." Joyce Nalepka bought the tickets for her sons Kevin, nine, and Keith, five.

"That rock concert was the first time I'd ever smelled pot," she recalls. "Fifteen thousand kids were sitting in that stadium getting their minds blown away on pot! My clearest emotion was anger."

Mrs. Nalepka's anger has had impressive repercussions. When she discovered, for example, that her congressman, Newton Steers, was sponsoring a bill to decriminalize the possession of an ounce or less of marijuana, she organized a parents' campaign against him, based on the decriminalization issue. The newspapers had predicted a large win for Steers. He was roundly defeated. An angry Steers aide asked Joyce who had funded her. She told him, "All I spent was twenty-nine dollars for printing."

Several days later, ex-Congressman Steers telephoned and said, "My friends are now telling me that I lost on the marijuana issue. I have to compliment you on doing a very effective job." He added, "I was shocked when you showed me how much an ounce of marijuana really *is*." (An ounce is 40 to 60 joints.)

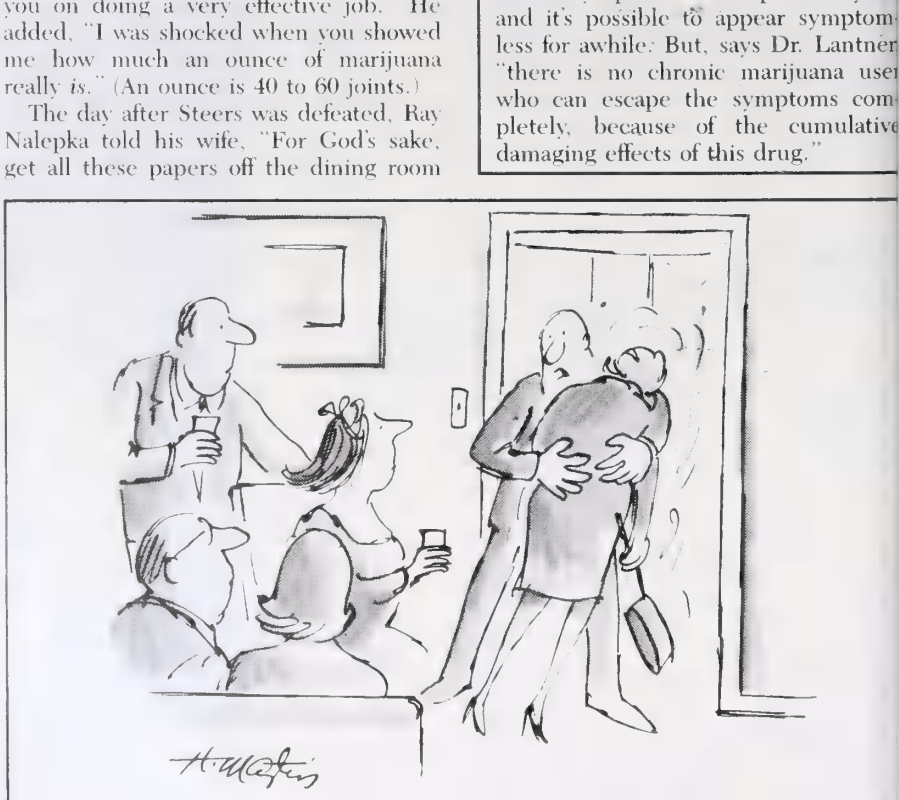
The day after Steers was defeated, Ray Nalepka told his wife, "For God's sake, get all these papers off the dining room table so we can stop eating in th kitchen." So she went into Drug Fair, drug store, to buy some file folders. Di played at the check-out counter we packages of double wide *(continue*

HOW TO SPOT A POT PROBLEM

It's often difficult for parents to tell if a child is using marijuana, because youngsters typically try very hard to hide it. Here, according to Ohio pediatrician Dr. Ingrid Lantner, an expert on marijuana use among youngsters, are common symptoms of the chronic marijuana-using child:

red eyes
dry mouth (the kids call it "cotton mouth")
fatigue, irritability and edginess
increasing friction with peers and family
uncalled-for outbursts of anger and abusive language
abrupt mood changes
feelings of loneliness or depression (leading in some cases to suicidal tendencies)
feelings of paranoia
loss of weight despite craving for sweets
disturbances in sleep
lack of motivation
loss of short-term memory
impaired ability to concentrate
decreasing performance in schoolwork and sports
blank facial expression
flat, expressionless speech
difficulty in fighting off common infections
cough, asthmatic wheezing, chest pains
skin rashes
irregular menstrual cycle
decreasing need for interaction
lack of interest in grooming and appearance
impaired driving ability
distorted time sense (when asked to raise a hand in 60 seconds a stoned youngster will raise it in ten seconds or less)

Not all symptoms show up in everyone and it's possible to appear symptom-less for awhile. But, says Dr. Lantner, "there is no chronic marijuana user who can escape the symptoms completely, because of the cumulative damaging effects of this drug."



"I'm afraid you'll all have to go home. Alice's 'never fail' hollandaise failed."

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BATTLE AGAINST POT

continued

rolling papers used for rolling joints. Angry once again, she phoned and repeatedly wrote the store's headquarters.

The result of her one-woman campaign: Rolling papers were removed from the local store and all 170 stores in the Drug Fair chain. She then persuaded two other large drugstore chains to follow the Drug Fair example. One other by-product of her efforts: the Drug Fair chain became the first large firm in America to mount a major ($250,000) drug-abuse prevention campaign, focused around the parent movement.

Until that Kiss concert two years ago, Joyce Nalepka's only work outside her home consisted of teaching her neighbors how to bake bread. But today, as one of NFP's representatives in Washington, she is recognized as a political force. (As one politician put it, "When parent power is aroused—watch out!")

Fight against drug paraphernalia

Another one-woman political force is Gerri Silverman, of Short Hills, N.J. Gerri entered a novelty shop in a posh suburban center one day and found it clogged with pre-teen and teen-aged customers. The store, she says, displayed "a supermarket of drug paraphernalia, featuring an assortment of items for children." These included such pot-smoking devices as baby bottles and "bongs" shaped in fairy-tale character forms.

Gerri purchased these items and took her paraphernalia show on the road, setting up at shopping malls and at parent meetings. Then, in June 1980, a law banning the manufacture and sale of drug paraphernalia was passed overwhelmingly by the New Jersey State Legislature. It is generally believed that Gerri Silverman's statewide anti-paraphernalia blitz campaign was largely responsible for this.

But Gerri's influence has extended far beyond the paraphernalia issue. Chiefly because of her work, the New Jersey PTA has named drug prevention and parent education their number one priority.

"The total ignorance of parents about marijuana is appalling," Gerri comments. "As I see it, the marijuana scene today is a national disaster that is still largely unrecognized. It has happened and most people don't even know that it has happened."

"Yes, most parents are uninformed," says Bill Barton. "But, by golly, they are ready! Parents now want to *know* what drugs are doing to their kids, and they want to be a part of the solution. The task before us, as parents, is immense, but thank God, we have begun." **End**

On this page read Carol Burnett's story of her personal fight against drugs

CAROL BURNETT: WHY SHE IS WAGING WAR ON DRUG ABUSE

Drug addiction can happen in *any* family. It happened in Carol Burnett's. Here in her own words, the popular comedienne talks openly about her daughter's ordeal—and the family's battle against illegal drugs.

I am not an expert on drug addiction; volumes of information by top doctors and researchers are readily available to anyone who wants the facts. But there is an area in which I *am* an expert: I can share with parents my experience with my daughter Carrie and her use of drugs. I understand what it is like to be an "expert" on being helpless, scared to death and without hope.

When I first suspected Carrie was smoking pot, I felt as if I'd been kicked in the stomach. I say, "suspected" because I wouldn't let myself believe it. Not *my* kid . . . vivacious, pretty, a fine student, a sensational sense of humor, loving. . . . At 13 she already had it all. Why would she *need* to use a mind-altering chemical? Ridiculous.

I should have followed my gut instinct sooner, but I buried my head in the sand. I remembered all the "meaningful" talks we had had, when she was younger, about the danger of drugs. Carrie was always anti-drugs, and therefore always would be, I told myself. No, I was imagining things.

Then a strange thing happened. Against all my convictions about her right to privacy, I started invading hers. I began snooping around her room. I guess I wanted to prove to myself how wrong this gut feeling was. Instead, I proved quite the opposite.

I found weird scraps of writings. Senseless poems, stories and drawings. I foun strange paraphernalia. I didn't even kno what it was.

I started listening in on phone cor versations that Carrie had with he friends. My fears were justified—Carri was using drugs. My reactions, in orde were shock, terror, disgust, hurt and an ger. Hell, was I angry.

Finally, her father and I confronted he with what we knew. I even confessed t my snooping. But Carrie told us she ha been merely "experimenting like all th other kids," and that she wasn't hooke and didn't intend ever to get hooked. W even got her to promise that if she wa ever at a party where kids were usin drugs, she would call us to come and ge her. We all hugged and kissed and wer to bed happy. Looking back, I realize tha Joe (my husband) and I felt too smug fo our own good.

A few days later Carrie's strange be havior, and our suspicions, started again We grounded Carrie for four *(continued*



Carol Burnett and daughter, Carrie.



"Your father and I would prefer that you introduce us as 'your parents' rather than 'your ancestors.'"

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Carol Burnett

continued

weeks. She was to go to school and come directly home. But that was naive, so naive, on our part—she was taking dope at school, both on and off campus. At the time, however, I chalked up her sullenness to the fact that she was being punished. Her grades had been dipping and I rationalized, "she's going to a hard school and is taking a heavy course load."

The situation went downhill rapidly. Carrie was distant, listless, hostile, dull. Joe and I weren't getting along. This is very common when your child is on drugs. We all began seeing a professional therapist. But Carrie couldn't relate to the doctor. She saw him as an enemy. We tried to keep all this from our other two girls, Jody and Erin (then aged ten and 11), but they knew it all. Our whole family was coming apart.

By this time Carrie's drug problem had been going on for months. In my raids on Carrie's room—which by now were part of my daily routine—I found pills, quaaludes, uppers, downers, you name it. Carrie would claim they weren't hers, that some of her school friends had "left" them. I found more scraps of paper on which she had written references to "coke"—cocaine. Most kids today don't stop at pot. They step over one line after another. And recent findings indicate that pot in itself is extremely dangerous.

Alone and helpless

I never felt so alone in my life. Joe was alone. Each member of our family was alone. And helpless.

We stopped her $4-a-week allowance. Later we learned what a joke that was; she had turned to "dealing." She sold or had an older friend hock her belongings, and began to build up quite a business for herself in school. She learned from her friends and then passed her expertise on to others. This entire time we were in the dark as to the extent of her dependency.

Once we felt so desperate that we asked Carrie's girlfriends to leave their purses downstairs in the kitchen. Joe even called the parents of some of Carrie's friends to tell them the crowd was into drugs, but they all hung up on him.

Throughout this period, Carrie and I would talk—or rather, I would. I would tell her how much we loved her and worried and wanted to help her. She would refer to these discussions as "Mom's Lecture, Number 1,274."

Her dad and I began raising our voices to her. We would threaten, cajole, plead and negotiate. All to no avail. Her grades nosedived. We tried two more doctors. No results.

Then one night she overdosed on some pills. We found her sitting in her robe on our driveway at five A.M. I had gone into her room to check on her and she wasn't there.

Joe and I had finally hit bottom. I was beginning to hate Carrie. My own baby. . . . This had to stop or we'd end up in the hospital.

Our physician recommended a drug rehabilitation program in Houston, Texas, where he once worked. Against her will, Joe took Carrie to Houston. She said she hated us for forcing her to go. That was the first time I said to her, "I love you enough to let you hate me."

No more games-playing. No more checking her eyes. No more listening for slurred speech patterns. No more worrying about coming down too hard on her for fear that she might "show us" by taking 20 pills instead of one. No more checking her breathing at night. She was going to a hospital for 30 days. She would be safe for 30 days.

When Joe checked Carrie into the Palmer Drug Abuse Program (PDAP) in June 1979, she was 15. I stayed out of the picture because I didn't want her to be treated differently simply because her mother's on television. She had once told me that she was fighting for her own identity.

As the days went by, people in the program learned about her background. It couldn't be kept secret since she was undergoing intensive therapy. Her counselors were recovered addicts and her case was nothing new or different to them. They all had "war stories" worse than hers. She began, after her detoxification period, to identify with them, to talk and share.

When Joe flew back to see her he noticed a marked improvement. Jody and Erin went with him and were thrilled with her progress.

Before 30 days were up, Carrie called me and asked if I would come to see her. I was then both elated and scared. Would she scream at me? Would I crumble

When we faced each other for the firs time in a month we simply wept for joy We kissed and hugged and cried. looked into her clear, beautiful eyes an she took my face in her hands and said "I can never thank you and Dadd enough. I love you."

That was June 26. Carrie remained i Houston and moved into the home of sponsor—one of her PDAP counselors.

We didn't want her to come back t California until she was strong enough t confront her old environment. While i Houston, she attended a public hig school and went to several PDAP mee ings a week. She got stronger and bett and more loving every day.

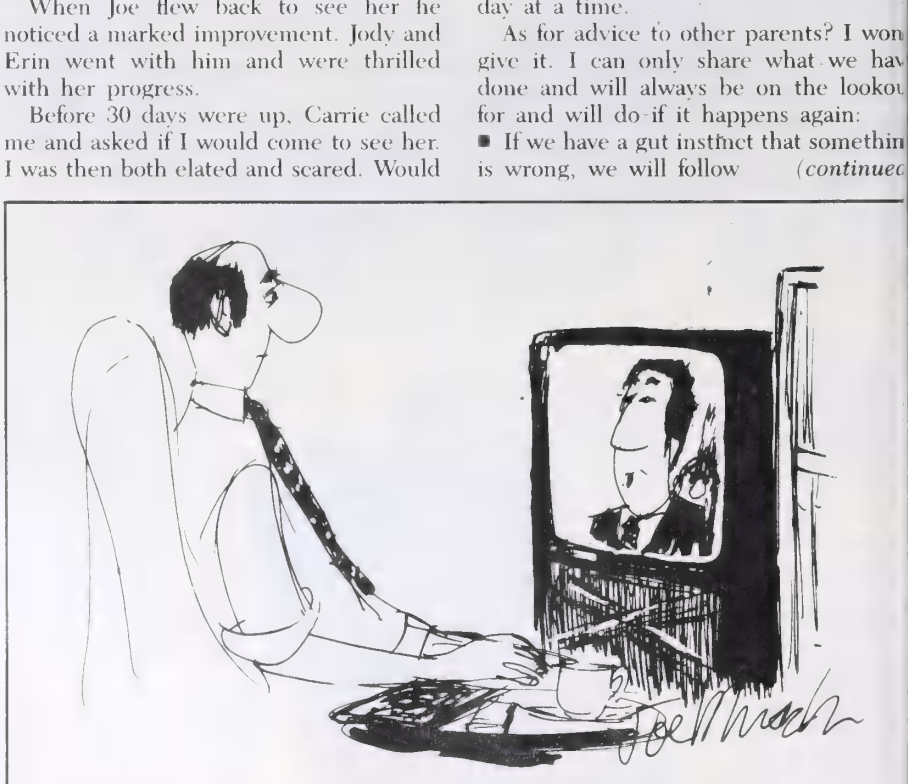
In December, Carrie celebrated he 16th birthday in Houston. She move back home in January and began attenc ing a new school. Her latest report car yielded all B's and one A+. Some of he old friends were thrilled with what sh accomplished and some didn't com around anymore, at Carrie's request. On of the steps of the program is to "stic with winners in order to grow," and "loser" is anyone who gets high. Many her classmates made and are makin commitments to stay drug free.

Carrie was free from drugs for almost year. Then, three months ago, she slip ped. This is not unusual. As soon as w found out we didn't wait. Carrie wer back to Houston for further treatmen Carrie is, we know, an addictive perso ality. She will need ongoing treatment.

Nobody ever said it would be easy an it isn't. Today, as then, we are taking on day at a time.

As for advice to other parents? I won give it. I can only share what we hav done and will always be on the lookou for and will do if it happens again:

- If we have a gut instinct that somethin is wrong, we will follow *(continued*



"The preceding was a paid political excuse."

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not yet tried angel dust, LSD or heroin, but it *would* ha been forthcoming.

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If they run away, we will report them to the police. If they old enough to support themselves and insist on using drug our home will be closed to them. In short, we will only suppo a desire for help, not dope.

We will fight the drug culture that threatens our childre lives. We will fight the dope magazines such as *High Time Daily Dope* and *Stone Age*—and the paraphernalia indust that makes $3 billion a year off the misery and destruction our kids by making drug use glamorous and enticing. We w encourage families and schools to admit openly there is problem. We will attend drug education programs, and ask th schools institute classes, preferably run by young recovere addicts—they're the ones teenagers will listen to. Drug abu isn't an embarrassment anymore than cancer is, and we ca only fight it if we quit trying to hide it from our neighbor

One final note: During one of our visits to Houston, o family was having dinner together in a restaurant. A gentlema came over to us and said he and his wife were about to give u and put their daughter in an asylum the very day they learne of Carrie's rehabilitation at PDAP. He said it was a "luck coincidence." Carrie replied, "You know what a coincidence i don't you? It's one of God's little miracles in which he choos to remain anonymous."

God, we love our daughter.

And God, we love you and thank you.

En

Carol Burnett

continued

it up. We'll watch for symptoms: dark glasses, matted hair (there is usually a tendency not to keep clean), fatigue, sullenness, a drop in grades, wanting to be alone, circles under the eyes, excessive use of eyedrops, phone calls at odd hours.

- We'll investigate, yes, snoop. All we're doing is trying to save their lives.
- If they are taking dope, we will take *immediate* action. We won't buy any protests or excuses, because a drug addict *will* look you right in the eye and lie. It's the chemical in them. They will lie, cheat and steal if driven to it, just to keep the chemical feeding on itself. As Carrie puts it, "first you take the drug, then it takes you."
- We won't feel guilty. We didn't put the first "joint" in their mouths and light it, we didn't push the pills down their throats or shove the coke up their noses. We won't fall into the trap of taking the blame. Kids on dope become masters of putting the blame on you. They always have an excuse. Carrie's was her identity, her parents were too well known and she could only "be her own person" when she was high. A poor child can claim there's no future—ignoring the fact that many ghetto kids have become United States senators. We'll acknowledge that kids can succumb to peer pressure. It's "in" to get high, and kids want friends. National statistics show that 81 percent of high school and college students use drugs to some extent.)
- We will know that **love does not mean accepting wrong behavior.** We will not waste precious time. We will get them into a drug rehabilitation program immediately. We now know we're not equipped to deal with drug addiction any more than we are equipped to operate on a tumor. It's a popular misconception that kids have to hit rock bottom before they can be helped. Drug abuse *can* be nipped in the bud. Carrie had

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HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

MOTHER

God could not be everywhere; therefore he made mothers.—*Jewish saying.*

When Eve was brought unto Adam, he became filled with the Holy Spirit, and gave her the most sanctified, the most glorious of appellations. He called her Eva, that is to say, the Mother of All. He did not style her wife, but simply mother—mother of all living creatures. In this consists the glory and the most precious ornament of woman.—*Luther.*

Nature's loving proxy, the watchful mother.—*Bulwer.*

I think it must somewhere be written, that the virtues of mothers shall be visited on their children, as well as the sins of the fathers.—*Dickens.*

Children, look in those eyes, listen to that dear voice, notice the feeling of even a single touch that is bestowed upon you by that gentle hand! Make much of it while yet you have that most precious of all good gifts, a loving mother. Read the unfathomable love of those eyes; the kind anxiety of that tone and look, however slight your pain. In afterlife you may have friends, fond, dear friends, but never will you have again the inexpressible love and gentleness lavished upon you, which none but a mother bestows.—*Macaulay.*

The mother's yearning, that completest type of the life in another life which is the essence of real human love, feels the presence of the cherished child even in the base, degraded man.—*George Eliot.*

The future destiny of the child is always the work of the mother.—*Napoleon.*

The mother in her office holds the key of the soul; and she it is who stamps the coin of character, and makes the being who would be a savage but for her gentle cares, a Christian man. Then crown her queen of the world.—*Old Play.*

If you would reform the world from its errors and vices, begin by enlisting the mother.—*C. Simmons.*

Children are what the mothers are; no fondest father's fondest care can so fashion the infant's heart, or so shape the life.—*Landor.*

All that I am, or hope to be, I owe to my angel mother.—*Lincoln.*

But one thing on earth is better than the wife, and that is the mother.—*L. Schafer.*

If there be aught surpassing human deed or world or thought, it is a mother's love!—*Marchioness de Spadara.*

The babe at first feeds upon the mother's bosom, but is always on her heart.—*H. W. Beecher.*

A man never sees all that his mother has been to him till it's too late to let her know that he sees it.—*W. D. Howells.*

The loss of a mother is always severely felt: Even though her health may incapacitate her from taking any active part in the care of her family, still she is a sweet rallying-point, around which affection and obedience, and a thousand tender endeavors to please, concentrate; and dreary is the blank when such a point is withdrawn.—*Lamartine.*

The mother's heart is the child's schoolroom.—*H. W. Beecher.*

Stories first heard at a mother's knee are never wholly forgotten—a little spring that never quite dries up in our journey through scorching years.—*Ruffini.*

A mother's love is indeed the golden link that binds youth to age; and he is still but a child, however time may have furrowed his cheek or silvered his brow, who can yet recall, with a softened heart, the fond devotion, or the gentle chidings, of the best friend that God ever gives us.—*Bovee.*

Maternal love! thou word that sums all bliss.—*Pollock.*

It is generally admitted, and very frequently proved, that virtue and genius, and all the natural good qualities which men possess, are derived from their mothers.—*Hook.*

If the world were put into one scale, and my mother into the other, the world would kick the beam.—*Lord Langdale.*

Happy he with such a mother! faith in womankind beats with his blood, and trust in all things high comes easy to him, and though he trip and fall, he shall not blind his soul with clay.—*Tennyson.*

Even He that died for us upon the cross, in the last hour, in the unutterable agony of death, was mindful of his mother, as if to teach us that this holy love should be our last worldly thought—the last point of earth from which the soul should take its flight for heaven.—*Longfellow.*

My mother's influence in molding my character was conspicuous. She forced me to learn daily long chapters of the Bible by heart. To that discipline and patient, accurate resolve I owe not only much of my general power of taking pains, but the best part of my taste for literature.—*Ruskin.* **End**

From THE NEW DICTIONARY OF THOUGHTS, originally compiled by Tryon Edwards, D.D. Used by permission of Doubleday & Company, Inc.

HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

WEALTH

The wealth of man is the number of things which he loves and blesses, which he is loved and blessed by.—*Carlyle*.

Wealth . . . must be so distributed . . . that the common good of all . . . be thereby promoted. This sacred law is violated by an irresponsible wealthy class who, in the excess of their good fortune, deem it a just state of things that they should receive everything and the laborer nothing; it is violated also by a propertyless wage-earning class who demand for themselves all the fruits of production, as being the work of their hands.—*Pope Pius XI*.

We share no illusion with those who preach of sharing of the wealth in the expectation that the sharing will all be downward and that enough can be got from the rich to make the poor themselves rich.—*T.V. Smith*.

It is no longer a distinction to be rich . . . People do not care for money as they once did . . . What we accumulate by way of useless surplus does us no honor.—*Henry Ford*.

Worldly wealth is the devil's bait; and those whose minds feed upon riches, recede in general from real happiness in proportion as their stores increase; as the moon, when she is fullest of light, is farthest from the sun.—*Burton*.

Seek not proud wealth; but such as thou mayest get justly, use soberly, distribute cheerfully and leave contentedly, yet have not any abstract or friarly contempt of it.—*Bacon*.

Wealth is like a viper, which is harmless if a man knows how to take hold of it; but if he does not, it will twine round his hand and bite him.—*St. Clement*.

The way to wealth is as plain as the way to market. It depends chiefly on two words, industry and frugality; that is, waste neither time nor money, but make the best use of both. Without industry and frugality, nothing will do; and with them, everything.—*Franklin*.

Wealth is not of necessity a curse, nor poverty a blessing. Wholesome and easy abundance is better than either extreme; better for our manhood that we have enough for daily comfort; enough for culture, for hospitality, for Christian charity. More than this may or may not be a blessing. Certainly it can be a blessing only by being accepted as a trust.—*R. D. Hitchcock*.

Very few men acquire wealth in such a manner as to receive pleasure from it. As long as there is the enthusiasm of the chase they enjoy it. But when they begin to look around and think of settling down, they find that that part by which joy enters in is dead in them. They have spent their lives in heaping up colossal piles of treasure which stand at the end like the pyramids in the desert, holding only the dust of things.—*H.W. Beecher*.

It requires a great deal of boldness and a great deal of caution to make a great fortune; and when you have got it, it requires ten times as much wit to keep it.—*Rothschild*.

To acquire wealth is difficult, to preserve it more difficult, but to spend it wisely most difficult of all.—*E.P. Day*.

When a man dies, the people ask, "What property has he left behind him?" but the angels, as they bend over his grave, inquire, "What good deeds hast thou sent on before thee?"—*Mahomet*.

Wherever there is excessive wealth, there is also in its train excessive poverty, as where the sun is highest, the shade is deepest.—*Landor*.

A statistician says a man stands 16 chances to be killed by lightning to one of being worth a million of money.

Wealth hath never given happiness, but often hastened misery; enough hath never caused misery, but often quickened happiness.—*Tupper*.

If thou desire to purchase honor with thy wealth, consider first how that wealth became thine; if thy labor got it, let thy wisdom keep it; if oppression found it, let repentance restore it; if thy parent left it, let thy virtues deserve it; so shall thy honor be safer, better and cheaper.—*Quarles*.

Wealth has seldom been the portion and never the mark to discover good people; but God, who disposeth of all things wisely, hath denied it to many whose minds he has enriched with the greater blessings of knowledge and virtue, as the fairer testimonies of his love to mankind.—*Izaak Walton*.

Wealth has now all the respect paid to it which is due only to virtue and to talent, but we can see what estimate God places upon it, since he often bestows it on the meanest and most unworthy of all his creatures.—*Swift*.

Many men want wealth, not a competence merely, but a five-story competence, and religion they would like as a sort of lightning-rod to their houses, to ward off, by and by, the bolts of divine wrath.—*H.W. Beecher*. **End**

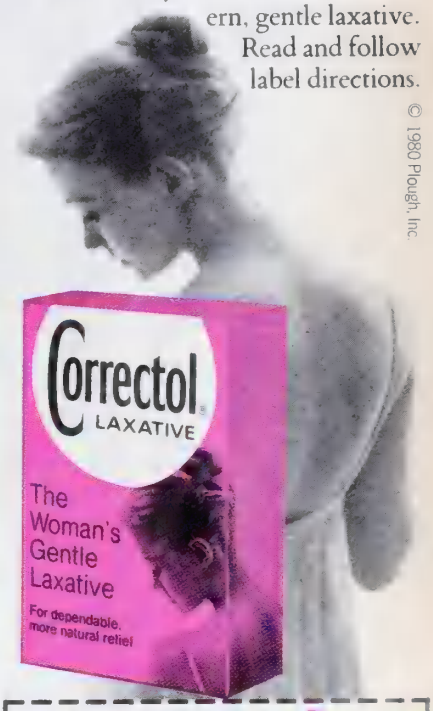
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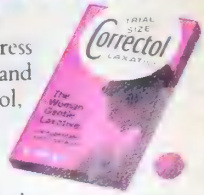
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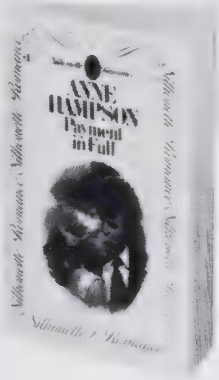
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Good manners are the settled medium of social, as specie is of commercial, life; returns are equally expected from both; and people will no more advance their civility to a bear than their money to a bankrupt.—*Chesterfield*.

Always behave as if nothing had happened, no matter what has happened.—*Arnold Bennett*.

Manners are the shadows of virtues; the momentary display of those qualities which our fellow-creatures love and respect. If we strive to become, then, what we strive to appear, manners may often be rendered useful guides to the performance of our duties.—*Sydney Smith*.

A man ought to carry himself in the world as an orange tree would if it could walk up and down in the garden, swinging perfume from every little censer it holds up to the air.—*H.W. Beecher*.

Our manners and customs go for more in life than our qualities. The price we pay for our civilization is the fine yet impassible differentiation of these.—*Howell*.

Good breeding carries along with it a dignity that is respected by the most petulant. Ill breeding invites and authorizes the familiarity of the most timid.—*Chesterfield*.

Pride, ill nature and want of sense are the three great sources of ill manners; without some one of these defects, no man will behave himself ill for want of experience, or what, in the language of fools, is called knowing the world.—*Swift*.

No manners are finer than even the most awkward manifestations of good will to others.

Better were it to be unborn than to be ill bred.—*Sir W. Raleigh*.

Good breeding consists in having no particular mark of any profession, but a general elegance of manners.—*Johnson*.

Simplicity of manner is the last attainment. Men are very long afraid of being natural, from the dread of being taken for ordinary.—*Jeffery*. **End**

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TRUST IN AMERICA

continued from page 117

Is trust necessary?

The answer to this question is a resounding *yes*. For beneath the skepticism, we found that our desire to trust remains—s as if the need were coded into our genes. "We even thought e could begin to trust Russia again," remarked Robin Wilson, junior at the University of Miami. "And then they showed eir true colors. It just proves that Americans want to trust. s a basic need."

That need is obviously more crucial in some areas than in hers. Consider the public sphere—the professionals and in-tutions women encounter in their day-to-day lives. According those surveyed, it is *very important* to trust (in descending der) one's doctor, pharmacist, clergyman, lawyer and em-oyer. It is *important* to trust the local police, teachers and the r service station. And it is *somewhat important* to trust a ıole range of institutions, including the post office, consumer agazines, supermarkets, the telephone company, the local wer company, national TV news, local government officials, cal TV news and the daily newspaper. Indeed, for Sherry aniel of Traskwood, Ark., "Trust is essential to a sane and ppy life." Women also see the need to trust as a practical atter, as Susan Tarantino of our Wilbraham, Mass., discussion oup, suggests: "We can't solve all our problems and fill all our eds ourselves, so we have to trust specialists to see that erything goes well."

In today's complex world, obviously we do not (and cannot) ow all the facts in every situation. And it is when we must t with insufficient information that our ability to trust is really ıt to the test. Here, there was a degree of controversy. While nie of the women surveyed *agree somewhat* that "even when n not privy to the information, I still feel comfortable trusting ose in authority," others *agree somewhat* that "sometimes u have to trust—but you don't have to like it."

When it comes down to specific cases, however, the *Journal* und that most women still show considerable willingness to ıst. This is true even of the people upon whom their immedi-e safety and well-being may depend, ranging from "the pilot the airplane you are traveling in" (most trust of all) to, in scending order, "the doctor who recommends surgery," "the rson who prepares your income tax return," "the driver of ur child's car pool or school bus," "the mechanic who fixes ur car's brakes" and "the football coach who trains your ild."

The majority, in fact, *agree strongly* that "I trust other ople until they give me a reason not to." And this makes nse, says Mr. Cronkite: "There are a lot of people out there no are trying to do the right thing. Not all succeeding by any eans, but their hearts are in the right place."

Men, women and trust

How do women feel about other women—do they trust them ore than men, or less? When it comes to evaluating on-the-b performance, women feel that the sexes still aren't entirely ual. About half of the women surveyed say they trust profes-nals of both sexes equally with the exception of electricians, rline pilots and police officers, whom they prefer to be men. ıt the remaining half have more faith in men than women cept when it comes to secretaries, first-grade teachers and rses.

What accounts for the low scores women accorded to other men at work? Certainly the newness of women in many ofessions, we suspect, makes them a lesser-known quantity. omen also have long been pictured as less capable (or trust-rthy) than men. University of Miami senior Jamie Martin lmits that she was once a believer in the old *(continued)*





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TRUST IN AMERICA

continued

image, "until I finally grew up and realized that women—we— are just as capable. Eventually women will be trusted as muc as men, maybe even more so."

Profession	Trust equally	Trust man	Trust woman
School principal	82%	15%	4%
Judge	71	25	4
Your boss	69	27	4
Your lawyer	69	27	4
Your secretary	68	2	30
Financial adviser	67	30	3
State governor	64	32	4
Husband's secretary	63	16	21
Lifeguard	62	38	1
Family doctor	62	33	6
Dentist	59	40	1
First-grade teacher	56	1	43
Your husband's boss	54	46	0
Nurse	52	2	47
Electrician	39	61	1
Airline pilot	39	61	0
Police officer	38	61	1

What about trust in the private sphere of home and family— do men come out ahead here, too? The picture is mixed Within the family 78 percent of the married women trust the husbands most of all. But the results also show that wome tend to trust their mothers more than their fathers (27 percer to 21 percent), daughters more than sons (23 percent to 1 percent) and sisters more than brothers (12 percent to eigh percent).

Some women voiced concern for the future of trust withi the family. They see divorce and geographical separation a threats to the ties upon which trust must rest. We can't tak family stability for granted, warned University of Missou graduate student Karen Schultheis. "A family today migh mean Mom in Seattle and Dad in New York. So it is up to eac of us to make those connections of trust." And that's pa ticularly crucial—for the present and the future—when comes to the way we raise our children.

Teaching children to trust

"I think it's especially important that our children feel the can trust us enough to come to us with any kind of problen even trouble with drugs or the law," said Pam Wischkaemper, San Francisco cooking teacher. "To develop this kind of tru takes real effort—you have to make yourself available, give u some of your own time, *listen*." Children are bound to b influenced by the way *you* behave, added homemaker Ann Seymour during our discussion in Columbia, Mo. "How can child learn the deeper meaning of trust in a family whe people don't hug each other, talk to each other, count on eac other?" she asked.

In order to instill a sense of trust in our children, we al have to let them know that we have trust in them, said par time teacher Mary Brunelle at our Wilbraham, Mass., grou "You have to be realistic enough to know that sometimes, order to grow, a young person has to do things differently fro the way you might like."

In fact, the children we surveyed seem to understand th concept of trust—but their elders, they report, are oft reluctant to let them demonstrate it. "I know who's smokin and who's fooling around with drugs, and who's out with th wrong crowd," said one sixth-grade girl in Coral Springs, Fl "I know right from wrong. But my parents are so worried, the don't seem to realize they can trust *me*."

What's behind this lack of confidence? At our Columbi Mo., group, university professor Alice *(continue*

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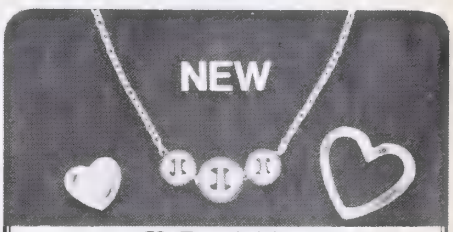
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TRUST IN AMERICA

continued

Washington expressed a prevalent attitude: "We're all so skeptical and afraid to trust because we're paranoid about what's happening around us." Loreen Hayler of Rockwell City, Iowa, summed up this sentiment with a succinct comment: "Trust fewer, more!"

Is there hope for trust?

We will still be able to trust one another in the future, say most of the women we surveyed—but only if we work at it. Although they don't discount first impressions—more than half say they can tell "by instinct" fairly quickly whether someone is trustworthy—most believe in a deeper kind of trust that develops slowly. It must be earned, based on a history of talking, caring, sharing and forgiving. The effort to build mutual trust, they feel, is increasingly important, given the uncertainties of our future. "It would be nice," said Alice Washington, "to have the freedom to speak to a stranger without worrying, to smile and be sure the person knew my intentions were honorable, to ask for help and find willingness from the response."

Many women share that dream. They are sufficiently realistic to realize that we may never be able to return to such simple, unguarded attitudes in today's diverse, large-scale society. But most are optimistic, too—if they no longer feel it is possible to place blind trust in people and institutions, they do believe in a future for *informed* trust.

"I think we are going to look to ourselves for answers, become stronger and more independent," said food consultant Jan Weimer in San Francisco. "And as we do, maybe we'll be able to reach out beyond our intimate little circles and start taking chances on other people again. That would be a new beginning for trust."

Does Walter Cronkite see a way out of the "trust recession"? "It's inconceivable that we're not going to put this country back on the track," he says, "if only by the realization that things can't continue as they are. We must pinpoint trouble spots, examine them to see where the mistrust is based on false concepts and where on real problems. Then we must go back and show our business and institutions what's hurting their trust factors, with an idea of helping them improve. And all our citizens must be much more dedicated in their participation in our democracy.

"But we're too bright and have too many fine, inherent characteristics not to be optimistic," Cronkite told the *Journal*. "Trust in the future of America? Yes, I do. I do."

End

A Matter of Choice

continued from page 129

it before it happens? Maybe neither of us will get it. Maybe they'll bring in somebody from outside, or—who knows?"

"I'm betting on Richard," Edna was saying now. "He's more forceful."

"Oh, I don't know. Sam's quieter, but he's just as forceful in his own way."

"Then you prefer Sam?"

It may have sounded like that, but it didn't mean a thing. If Edna had said she was betting on Sam, Callie would have defended Richard.

"I don't know which one I prefer," Callie said, which was true both for the copy chief job and for herself.

She met Richard at a small Greek restaurant that was too out-of-the-way for anybody in the office. When she lunched with Sam, they went to an out-of-the-way Mexican place. The clandestine arrangements amused Richard, annoyed Sam, and made Callie feel furtive, as if she were seeing a married man—two married men—on the sly. Still, it was better than having the whole office talking, maybe taking bets on who would win out, the way they were doing now on which one would make copy chief.

"You look beautiful in that blue suit. I love you in blue." Richard leaned across the little table to get closer to her. "I love you in anything. I love you, period."

He was not really handsome. But he was big and blond and had the brightest blue eyes she had ever seen. Sam was different in every way. Thin and loosely put together, lazy-moving, with coarse reddish hair and sleepy greenish eyes. He never told her she looked beautiful. He had never actually said he loved her. How could she be attracted to two such dissimilar men?

"Thank you," she said to Richard.

"Don't thank me. You're a natural phenomenon. It's natural to love you."

She laughed. He made her laugh oftener than Sam did. It seemed that wa to her now, while she was with him.

"They're taking bets at the office Callie said, "on whether you or Sam w be the new copy chief."

"I don't want to talk about the office He pushed his empty plate aside an leaned toward her again. "I want to tal about you and me."

Strangely, in this day and age, the both said they wanted to marry her.

"I'm not ready to talk about tha Richard," she said.

She kept saying it, but he never gav up. She had said it once to Sam, and h had never mentioned marriage again.

"I wouldn't crowd you, Callie, Richard told her. "I wouldn't ask you t give up work, be a perfect homemake anything like that. I'd make you happy."

"That isn't it."

He sat back in his chair. His face got a glum as it ever did, which was not very "I know," he said. "It's Sam. Still."

"It's not Sam. It's not you. It's neithe of you and both of you." She shook he head. "I'm sorry, Richard. I wouldn blame you if you walked away from it."

"I'll never do that. Not as long as have a chance."

It was a wonder her work did not suffe from all this turmoil over love. But sh loved her work, too. She was a top-notch copy writer. Some of the biggest account in the agency came to her desk. When she was working on them she was totally absorbed, totally convinced that the products she was writing about were as excellent as her colorful, punchy phrases said they were.

Sam came to see her on Sunday night Richard, when they had an evening date, usually took her out somewhere. Sam was more likely to bring something in and cook it himself. That Sunday he brought scallops and salad greens, lemon tarts from a bakery and white wine. He sautéed the scallops in butter and a little of the wine, tossed the salad with a garlicky French dressing, and made *(continued)*



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A Matter of Choice
continued

some strong coffee to drink with the tarts.

Callie sat on a stool in the kitchen and watched him. She told him about the bets on whether he or Richard would be the new copy chief.

"I think I could work under Richard better than he could work under me," Sam replied.

"Why?"

Sam shrugged. "I just think I'm a better worker-underer." He held a tablespoon of sauce to her mouth. "Taste if it has enough salt."

She was wearing new black velour pants and a lacy white blouse with full sleeves. Her dark hair, which she wore brushed smooth and off her face in the office, was loose and soft against her cheeks. The laciness and softness emphasized her elegance. Richard would have commented. Sam talked about the office.

They discussed accounts they were working on, and then dinner was ready.

"The scallops are delicious," Callie said. "So is the salad."

Sam was chewing in his meditative way. "It was easy enough. All it took w a little knowledge of food. Now Richa doesn't know anything about food. hamburger or Beef Wellington, it's all t same to him."

"No fair," Callie said. "Richard nev tries to run you down."

"Doesn't he?" Sam grinned. "The mo fool he. This isn't a sport we're engag in. All's fair."

After a while he kissed her. It w lovely. Richard's kisses were lovely, to They both understood that until s made up her mind, kissing was all, b Richard never let her go until she gent pushed him away. Sam finished his k and moved to the other side of the so

"What I ought to do," he said, "is fi a woman who knows her own mind."

Callie sighed. "I wouldn't blame you you did. I told that to Richard, too."

"And Richard said 'Never!'"

"How do you know?"

"Richard is predictable."

She looked at Sam, sitting there on t end of his spine with his legs stretch out and his calves showing above h socks. Richard never sat that sloppily.

"You mean dependable," she sai

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PAGE 131: Chippendale armchair (shown unassembled on facing page), kit, $285. Block front desk kit, $890; Corner game table kit, $245; Chippendale bench kit, $135; all from The Bartles Collection. Four poster bed kit, $240 for full size; Pegboard, 25" long, kit, $14; both from Cohasset Colonials. Cabinetmaker's sample chest kit, $260 in mahogany, from Rollingswood. Fabrics: "Palampore" screen print on cotton #60525, 56" w., 31½" repeat; "Bellaire" Wedgwood blue cotton taffeta #126870, 54" w.; "Jubilee" red glazed chintz 137032, 50/50 cotton and polyester, 48", all by Greeff.* Braided rugs: "American Legacy" (at side of bed) and "Betsy Ross" designs, both in 400 blue colorway, by A. Leon Capel. Student lamp, #26112, $65 (+ $3 shipping). Ginger jar, 9" tall, #28019, $29.50 (+ $2.25). Temple jar, 14" tall, #28035, $28 (+ $2.25); all from Armstrong Decorative Accessories, P. O. Box 3001, Lancaster, Pa. 17604. Straw hat from Serendipity, 225 E. 60th St., N.Y.C. 10022. Straw purse, $16, and old flower basket, $65, from Sherman & Mixon, 404 Columbus Ave., N.Y.C. 10024. Poster, reproduction of a primitive painting "Girl in Red Dress with her Cat and Dog" by Ammi Phillips, $7.50 (+ $3 shipping) unframed, from the Whitney Museum of American Art, Madison Ave. and 75th St., N.Y.C. 10021.

PAGE 132: Sofa, $440; clubchair, $210; dining table, $175; dining chairs, $110 ea.; easel, $55 (prices are approximate); all by James David. "Exclusive" Desk, $164, by Hedfeld Collection. Hutch and base, $189, self-assembly furniture #1550-60, #1550-80, by Brovhill. Faeroe coffee table, $149; OMK square Chinese red table, $129; "Mesh" shelving, $115; Tecta table lamp, $37; "Abacus" open storage unit (in foreground), $105; Persian shuttle rug (under coffee table), 4' x 6', $79; Indian Drugget rug (under dining table), 5' x 7½', $95; "Graph" wallpaper, $6.95/roll; pine clock, $45; ceramic cachepot, $10.95; Victorian candlesticks, $7.50 ea.; all from Conran's. Send $2 for catalog to: Conran's, 145 Huguenot St., New Rochelle, N.Y. 10801. Flooring, "Los Alamos" Place 'n Press Excelon 12" square tiles, about 65¢ ea., by Armstrong. Curtains, style #771 rust, 84" long, by Stone-Cline Curtain Co. Telephone, "Contempra", available at GTE Phone Marts. Typewriter, electric portable by SCM Corporation. Crewel pillows, 16" square with off-white velveteen back and welt, zipper closure, #70730, $12.50 (+ $2.20 shipping) ea., mail order from Armstrong Decorative Accessories. Pottery bowl by Gobolt, $22, from Sherman & Mixon. "Old Colonial" pattern earthenware (in hutch) by Adams. French animal mugs (in open cupboard, foreground), by Taylor & Ng. Ed Bayard poster, $20 unframed, from Frames By You, 136 W. 72nd St., N.Y.C. 10023.
* Through decorators and department stores.

FASHION: FASHIONS THAT WORK!
PAGE 134: From left: RUSS blouse & A-line skirt available at Chappell's, N. Syracuse, N.Y.; Stone & Thomas, Wheeling, W. Va.; Michelle's, St. Charles, Md.; P.A. Bergner's & Co., Peoria, Ill.; H.C. Prange Co., Green Bay, Wisc.; Emporium, Eugene, Ore.; Meier & Frank, Portland; Foley's, Houston.
ACCESSORIES: DELMAN shoes.
PATTY O'NEIL dress with patent leather belt. At Bloomingdale's, N.Y.C.; Joseph Horne, Pittsburgh; Charles A. Stevens, Chicago; Fashion-Bar, Denver; D.H. Holmes, New Orleans; Sanger Harris, Dallas; Emporium, San Francisco.
ACCESSORIES: K.J.L. pearl earrings; AIR STEP shoes.
PAGE 135: ACT III separates: braid trim jacket, ruffly blouse & accordion pleated skirt at Lord & Taylor, N.Y.C.; Kaufmann's, Pittsburgh; De Jong's, Evansville, Ill.; Sanger Harris, Dallas; Palais Royal, Houston; Bullock's, L.A.; Emporium Capwell's, San Francisco & Oakland.
ACCESSORIES: K.J.L. earrings; SANDOW N.Y. glasses; MORRIS MOSKOWITZ belt; DELMAN pumps.
PAGE 136: From left: MARTY GUTMACHER 3-piece ensemble at Gimbels, N.Y.C.; Strawbridge & Clothier, Philadelphia; D.M.Read, Trumbull, Conn.; Charles A. Stevens, Chicago; Wm. H. Block, Indianapolis; Peterson-Horned Bon-Maur, Davenport, Iowa; F. & R. Lazarus, Columbus, Ohio; Godchaux's, New Orleans; Palais Royal, Houston; May Co., L.A.
ACCESSORIES: K.J.L. earrings; SANDOW N.Y. glasses; TIMEX watch; CHARM STEP shoes.
GLORIA VANDERBILT for JONATHAN LOGAN classic polo shirt dress available at Lord & Taylor, N.Y.C.; Filene's, Boston; Charles A. Stevens, Chicago; Sanger Harris, Dallas; Bullock's, L.A.
ACCESSORIES: TRIFARI jewelry, OMEGA watch.
PAGE 137: TRACY jumpsuit available at Bloomingdale's, N.Y.C.; Gimbels, Philadelphia; Jordan Marsh, Boston; Charles A. Stevens, Chicago; Rich's, Atlanta; Sanger Harris, Dallas; Foley's, Houston; Bullock's, L.A.
ACCESSORIES: K.J.L. earrings; OMEGA watch.

olid. Those are important qualities in a sband."

Sam closed his eyes. "I mean boring," said.

But Richard did not bore her. He took h open pleasure in her, in everything. e was almost always cheerful. They had n together. He took her to restaurants d to hockey games and discos. He was entive and considerate. Soon after owing him, she had surprised herself thinking what a good husband he uld make.

hat was before Sam came to work in e office. Sam had begun by asking her vice about copy. He had never said a rsonal word to her when, one night n after she had arrived home, he owed up at her door with a bag of ceries and said he had come to cook ir dinner.

Callie had been charmed right away, t she had had no idea for several nths how he felt. They walked a lot. ey went to concerts in the park and ving on the lake. They talked about ir work, and all kinds of other things well, but not about their feelings. She ed being with him, but sometimes she ught he hardly noticed what she ked like or who she was. Then sud-nly one evening, as he was going out e door, he said it would be a good idea hey got married.

'If Sam gets the job," she asked hard, a few days after Sam had cooked e scallop dinner, "do you think you'll be e to work under him?"

'I'll have to, won't I? But I'm hoping it n't come to that," Richard said.

It was a Saturday. They were ice skat-g at Rockefeller Plaza and had just pped a minute to rest. Above the rink, crowd of spectators leaned against the ne balustrade to watch the colorful ctacle of the skaters.

'Sam thinks maybe neither one of you l get the promotion," she said.

'That doesn't make sense. Who else is re?"

'Sam thinks one possibility is some-dy will be brought in from outside."

Richard frowned. Then his face cleared l he shook his head. "They wouldn't that," he said. "Anyway, I don't want talk about the office. Let's skate."

They skated around several times, lding hands. Richard skated as well as did everything else. Callie's ankles ed after awhile, but he was tireless. n did not skate at all. He was not, he d, properly made for sports. He imed his arms and legs were on dif-ent wave lengths. Callie admired Rich-l's skill. She was enchanted by Sam's f-mockery.

'What's your opinion of Sam?" she ed Richard on their third swing und the rink.

'I don't want to talk about Sam either, llie. Let's discuss whether *(continued)*

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A Matter of Choice

continued

we want a big wedding or a small one." He smiled down at her, his blue eyes brighter than ever in the reflected light from the ice. "I'm for a big one, so I can show you off to as many people as possible."

"Richard, please—"

"I know. But one of these days you'll surprise me by setting a date."

The next day Jack Warnecke, one of the partners in "Double Doubleyou," called Callie into his office. He was a small man, so dwarfed by his enormous desk that he habitually sat on it rather than behind it. His foxy, sharp-eyed face was as netted with lines as a centenarian's, though he was only in his 50s.

"I hear they're taking bets on who the new copy chief will be," he said.

"Our room must be bugged," Callie said.

"No need for bugging if you know the right people." He watched her face. "Which of them did you bet on?"

She wondered what he was up to. Was he getting reactions from everybody in the department before making up his mind? He would get none from her.

"I didn't bet," she said.

He nodded. "Smart."

"For not betting?"

"For not betting on either of them. They're both excellent men, but we've chosen someone else."

"Someone from outside?" She held her breath against the rush of anger, and spoke coolly. "That won't be popular. I feel sorry for whomever it is."

"No one from outside. You've been here eight years, Callie. You ought to know we don't operate that way."

She stared at him. He was still watching her face.

"Who, then?" She was not sure he had heard her. "Who?" she repeated.

He did not say. He did not have to say. He smiled. "Is it really such a surprise, Callie? Don't tell me you never even dreamed."

She sat perfectly still, waiting for her heart to quiet down. "I wouldn't let myself dream," she said then. "Every time the film began, I stopped the reel."

"Why? You've been here longer than the others. You write brilliant copy. You're hard-working and efficient. What more would we want in a copy chief?"

"Thank you." It was foolishly inadequate. "Thank you for your confidence. I'll try to deserve it."

"I'm not worried," he said.

It was not until she got back to her desk that the whole thing hit her. She was the new copy chief. Not Richard. Not Sam. She, Callie Stone. How could she tell them, and see their disappointment? How would they feel about her now? She was their boss. Could a man love a woman who was his boss? Even marry her?

She sat back in her chair and closed her eyes. She might lose them both before she had decided on either one.

"What's the matter, Callie? Don't you feel well?" Edna was bending over her chair, solicitude creasing her face.

"I'm fine. I've just had some exciting news, that's all." It was a cowardly thing to do, but Callie excused herself. After all, it would be such fun for Edna. "Jack just told me I'm the new copy chief. I'm going to duck out now and go home and try to take it in. It's almost closing time anyway."

When she got back to her apartment, she began walking around aimlessly, moving things from one place to another and back again, plumping up cushions that did not need plumping. It was not at all like her. *Calm*, Jack Warnecke had said.

If she lost them both, she would be as she had always expected to be. A successful career woman with no ties. She would get over the loss. Even women with nothing but love in their lives got over losing it.

She went to the window and pressed her forehead against the cold glass. She tried to imagine how it would be without Richard anywhere but in the office. His voice telling her she was beautiful, saying he loved her. His cheerfulness. All the things they did together. She was a good imagiver. It was, after all, her business. She imagined life without Richard, and then she imagined it without Sam and the dinners he cooked, and the way they talked, and the way he sat on the end of his spine and seemed hardly to look at her and never said he loved her.

When the doorbell rang, she had not even combed her hair or washed her hands.

"I brought a steak," Sam said. "Not very inventive, but celebratory. Steak and champagne."

She put her hands behind her back so he would not see them shaking. "Edna told you?" she asked him foolishly.

"I wasn't surprised, you know." He was in the kitchen, emptying the bag of groceries. "I thought it would be you. I thought it *should* be, anyhow."

"You never said so."

"There was no point in getting your hopes up, in case they didn't have the sense to see you were the one for the job."

She waited until they had finished the steak and were on their second glass of champagne.

"How would you feel about marrying your boss?" she asked him then.

He put down his glass. "Do you know about Richard?"

"No. I'm not interested in Richard. I asked you a question."

"Since when aren't you interested in Richard?"

"Since a couple of hours ago. I imagined life without him, and all I felt was a mild regret." She put her glass down, too, and looked at him across the table. "I imagined life without you, and I couldn't bear it. So to get back to my question—"

"Yes," he said, which was no answer to anything. He did not leap up and take her in his arms. "As long as I know I'm not winning by default. When Richard heard the news, he quit. I told you I'm a better worker-underer. Boss, schmoss, as long as we love each other."

Her voice came out in a whisper. "You've never said love before."

He got up without haste then, went over to her and pulled her gently up from her chair.

"I may never say it again. A copy writer gets tired of words," he said. "I'd rather show you." **End**



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Lenore Hershey

Editor's Diary



MAIL FROM OUR FAMILY

We asked for it. Saying that we always considered readers as kind of an extended family, we invited you to write us and tell how you feel about this magazine. We offered $200 for the ten best letters, and urged you to be as frank as you wished.

Well, here we are. Our editor's office, never a triumph of neatness, is clogged with staggering files of mail. Daily routines crumble as we open many of the envelopes personally and learn things that cheer us, inspire us, disturb us and, most of all, move us to realize again that the bond between reader and magazine is indeed a real and deep one.

The letters are from all over America, and from abroad. Children have written, and so have great-grandmothers. Working women, homemakers, women who spend their lives in usual and unusual patterns. We were surprised at the astonishing number of widowers who have kept up their deceased wife's subscriptions, and at the number of young husbands who considered the *Journal* a unisex magazine. We were delighted at the wide variety of views and lifestyles in our audience; at the intelligence and wit expressed in your comments; at the constructive nature of your criticisms.

WHAT ABOUT THE WINNERS?

We left out a cut-off date on our announcement, so letters are still pouring in. I . . . or one of our other editors . . . plan to read every single one. Then we'll narrow down and pick the ten winners. The rest we plan to digest for use throughout the entire magazine. When will winners be notified? Hopefully, by Christmas. But meanwhile, as we read phrases like "the *Journal* puts adventure into living," or "your magazine has been a meaningful part of my whole life," we realize what a wonderful job this is, and what wonderful people we serve.

On that note, a very happy Thanksgiving to you and yours.

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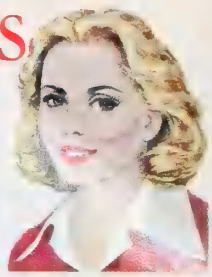
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DOLLAR'S WORTH from Mary Willis





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Our model is wearing New Super Nails in 'Rosy Red' and Fresh-All-Day Lipstick in 'Tomato.'

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News! Natural resin from the North Woods gives 'Super Nails' almost indestructible strength and shine.



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Natural Wonder



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Mary Kitchen Hash from Hormel has a rich, beefy flavor that makes any meal delicious. And Mary's hash has firm diced potatoes and Hormel's carefully selected meat. No wonder it's America's favorite.

CHEESE HASHBURGERS

1-15 oz. can Mary Kitchen Roast Beef or Corned Beef Hash (chilled and cut into four equal servings)
4-Medium-sized hamburger buns
4-Cheese single slices (Swiss for corned beef, Cheddar for roast beef)
Mustard

Flatten patties on pan. Broil for about 5 minutes until browned or heated through. Spread buns with mustard and toast slightly. Remove and lay cheese slices on top and reheat until cheese melts. Place broiled patties on cheese. Garnish with ketchup.



Hormel

LADIES' HOME Journal®

NEVER UNDERESTIMATE THE POWER OF A WOMAN

Incorporating Needle & Craft

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No. 11
NOVEMBER
1980

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Cover photograph of Marlo Thomas by Les Goldberg; hairstyle and makeup by Bjorn Sailor. Illustration pages 104–105 by Chuck Wilkinson.

(continued)



A feast of spices, nuts and raisins... A cake so moist, it's called Amazin'!

Amazin' Raisin Cake

- 3 cups unsifted flour
- 2 cups sugar
- 1 cup BEST FOODS® Real Mayonnaise
- 1/3 cup milk
- 2 eggs
- 2 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- 1/4 tsp ground cloves
- 3 cups chopped peeled apples
- 1 cup SUN-MAID® Seedless Raisins
- 1/2 cup coarsely chopped walnuts

Grease and flour 2 (9") round baking pans. In large bowl with mixer at low speed beat first 10 ingredients 2 min, scraping bowl frequently. Stir in apples, raisins and nuts. Pour into pans. Bake in 350°F oven 45 min or until tester inserted in center comes out clean. Cool in pans 10 min. Remove; cool. Fill and frost with 2 cups whipped cream.

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Gentlemen prefer Hanes
For sheer elegance, sheer fashion, or the sheer pleasure of it all, nothing dresses up a pair of legs like Hanes® Ultra Sheer pantyhose.
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Try this elegant vegetarian paté..

just one of the creative things you can do with Blue Diamond® Almonds.

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ALMOND MUSHROOM PATÉ

1/2 small onion, quartered
1 small clove garlic
1/2 pound fresh mushrooms, halved
2 tablespoons butter
1/4 teaspoon salt
1/8 teaspoon tarragon, crushed
Dash white pepper
1 package (10 ounces) Blue Diamond® Blanched Whole Almonds, toasted
1 tablespoon dry sherry
1 tablespoon heavy cream

In food processor with metal blade, process onion and garlic with on-off bursts until coarsely chopped; set aside. Process mushrooms with on-off bursts until coarsely chopped. Melt butter in medium skillet; add onion, garlic, mushrooms, salt, tarragon and pepper. Cook, stirring occasionally, until most liquid has evaporated. Reserve 2/3 cup almonds for garnish. Process remaining almonds until coarsely chopped. Reserve 2 tablespoons. Process remaining almonds to form a paste. Add mushroom mixture, sherry and cream; process until smooth. Add reserved 2 tablespoons chopped almonds; process with on-off bursts. Cover and chill. Mound paté on serving plate. Garnish with reserved 2/3 cup almonds. Makes about 1½ cups.

BLENDER INSTRUCTIONS: Follow instructions above, using electric blender to chop and grind almonds. Add sherry to ground almonds; blend until smooth. Transfer to bowl. Chop onion, garlic and mushrooms; cook as directed. Add mushroom mixture and cream to blender; puree. Blend thoroughly into almond mixture. Stir in reserved chopped almonds. Finish as recipe directs.



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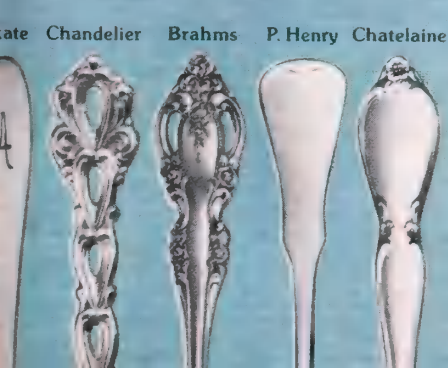
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What's Happening

"Why can't a woman be more like a woman?"
REX HARRISON ASKS FOR THE RETURN
OF FAIR LADIES WHO TAKE CARE OF MEN

(You may cheer or fume at will.)

By Gene Shalit



Cheryl Kennedy, the new Eliza in My Fair Lady, *with Rex Harrison.*

Why can't a woman be more like a man?

Rex Harrison first sang those words in the musical *My Fair Lady* in 1956, and now in 1980, as he returns as the exasperated Professor Higgins in the new production of *My Fair Lady* touring America, his views of women (on and offstage) have not changed. If anything he wonders why a woman can't be more like a *woman?*

Here is Rex relaxed in Manhattan, looking exactly the way you expect him to look: beautifully tailored clothes, impeccable diction, far-ranging interests reflected in conversation that seems to have been written by Noel Coward. He has the air of a matinee idol, and he sits before me with a twinkled smile. Our conversation swings to romance (he loathes the epithet "Sexy Rexy," so I veer clear), but I do wonder about his views on women. He's been married six times, so he must have specific ideas about his recipe for wooing, women and wives. He settles back, pulls out aplomb and says not what a good boy am I but what is this world coming to and when will its women come *to?*

"One of the most pleasurable sights," he says, "is to see a woman in the kitchen preparing a splendid meal, with the aromas wafting about. My wife's a simply *marvelous* cook, and I love the scent of it before settling down to dine. If my wife happens to be an actress, well, I've thought about *that*, too. I've wondered if it was wise of me ever to have married a practicing actress. There are inevitable rivalries and separations. If the actress is ambitious she often goes off and lives her own life. It's very difficult for an actor to find a suitable wife. The *ideal*, if you can achieve it, is to find somebody who's *interested* in the theater but not *involved*, and who's prepared to go along with you to movie locations or on theatrical tours. I think that's the only hope to keep things together."

Effect of women's movement

He strokes the length of his tie with the back of his fingers and pulls his nose—well-known unconscious mannerisms—and shifts in his easy chair. I ask if he has been made uneasy by the women's movement in recent years, and if the shifts in social custom have upset the stylish order of his life.

"I do find it all quite uncomfortable, yes. I don't think it's good for the male-female relationship at-tall. I don't say the woman's place is in the home or anything as boring as that. But I do think that basically the woman's task is to take care of the man."

I remind him that he has always been married to strong women who were hardly models of placidity, and that his marriages have been electric with tensions and leavings and reconciliations. His idea of a wife was certainly not a dainty thing cowering in the corner.

"No, no, that's *right*," he says with leaning-forward energy, his hooded eyes alight. "But they were feminine to the extent of not being *masculine*. And *I* was the *provider*. Men should *be* the providers. *(continued on page 18)*

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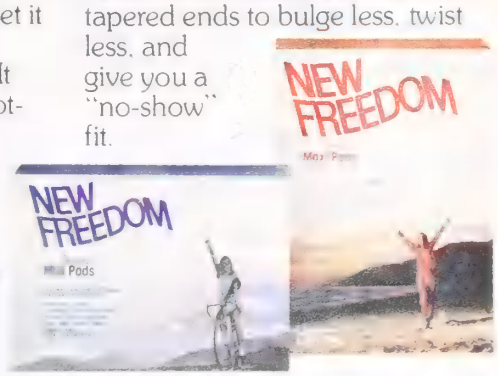
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"Red," she said



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"Red," she said.

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Cutex.

For knock-out nails.

What's Happening

continued from page 12

It makes them feel protective and probably makes them behave better. I don't think it's suitable for a man to be provided for. It doesn't encourage a man to be a man."

Rex Harrison has two sons but no daughters. I asked what he would tell a daughter if he were to sit her down for a fatherly chat. How would he advise her to have the best possible life?

"First of all, I would try to encourage her to make the right choice in a man. My advice to her would be possibly to live with him before marriage. Awful mistakes can be made by a young girl. She ought to find a strong man who is capable of supporting her and who *wants* to support her rather than wanting her to support *him*. That would be a disaster. I would also suggest that she do something, develop a skill, think of some sort of career, but not to the extent that she becomes totally absorbed in what she is doing. Actually, the song, 'Why can't a woman be more like a man?' is certainly not what *I* mean. I want a woman to be *less* like a man and more like a *woman*. And I think that a woman, if she's fully founded, should have a strong maternal instinct and should want to take care of the man. A lot of women have not achieved that. They think far more about themselves than they do about any duties they might have towards the male. It is very difficult, really, to love a woman who is totally preoccupied with anything other than the man."

WHAT'S PLAYING AT THE MOVIES

It's a treat to see a movie so pleasurable that thinking about it days afterward makes me smile. I didn't want it to end. It's called *My Bodyguard*, and everything about it is ideal: the script and direction are scrupulously correct in observing details of speech and behavior of high school kids, and director Tony Bill (don't ask me how) has assembled a cast of kids that is absolutely felicitous. This is the story of a 15-year-old boy in Chicago whose father is manager of the famous Ambassador East hotel and whose grandmother is the irrepressible Ruth Gordon. After nine years in private school, the boy is off to a public high school and he's so appealing that we feel for him when school turns into torment: A bully and his gang try to shake him down for protection money. When the boy turns him down, the tension tightens. Frightened and desperate, he comes up with an ingenious solution: He asks a huge and secretive classmate to be his bodyguard, and what happens after that is at the heart of this film, which is *filled* with heart. *My Bodyguard* is an emulsion of sadness and humor, a joyous reflection of adolescence, a jubilant story of high school life that's in a class by itself.

AIRPLANE! IS A RUNWAY HIT

For once, a movie company has understated the attributes of one of its own pictures. The publicity for *Airplane!* claims that it is "a laugh-a-minute comedy." That's wrong. There's a laugh every fifteen *seconds*. The picture takes a 1950s plotboiler and wings it, poking fun at all of the airport disaster movies. Once aloft, the flight attendants begin serving the usual airline food. In other words, half of the passengers get food poisoning. Also knocked out are the pilot, copilot and the navigator. Panic clutches the rest of the passengers—the ones who did *not* order fish. So who's going to fly this thing? Down on the ground in airport control, bossman Lloyd Bridges is frantically trying to get the plane down safely and everyone obeys his orders because nobody crosses Bridges. Meanwhile, high in the sky the plane is filled with flight gags, bright gags and out-of-sight gags. I'm tempted to tell you about 300 of the best, but that would be jet plain unfair. So enjoy it for yourself, because *Airplane!* is a high-in-the-sky comedy that's a flight of fancy farce.

DRESSED TO KILL CLOTHED IN HOKUM

This movie has been vastly overrated. The only thing *Dressed to Kill* has going for it are a clever title, Michael Caine, a few scary moments and a few overenthusiastic reviews. It is a murder movie that uses a straight razor to serve up a slice of life. It opens with Angie Dickinson's double taking a self-caressing shower, followed by a chat with her precocious teen-age son, followed by her afternoon in a Manhattan art museum where she follows an attractive man who beckons her into a cab where, still unintroduced, they make the kind of love that steams the rear view mirror.

Cut to his apartment.

Cut to the straight razor.

Cut to her throat.

Cut out the rest of the movie and let's go home.

THE BIG RED ONE IS A NUMBER ONE FILM

Send up a cheer for this movie by Samuel Fuller, the B-Man of Hollywood who has made a Grade A film. Focusing on his own wartime experiences, he says, "I decided the film should be an intimate story, where the heart is exposed. It should be the human approach to war, seen down the barrel of a rifle." And so it is: the Second World War, the First Division—The Big Red One, so known for its red arm patch—war seen through the courage, cowardice, fear and humor of four young American riflemen and their veteran sergeant, Lee Marvin. We are with them from Africa to D-Day to Belgium, Germany, Italy and Czechoslovakia. The kids are young—their helmets are too big for their heads and, as Fuller remembers, they swim in their uniforms. But every moment of action, every word of dialogue is credible and true to character. In an indelible sequence, they are in on the liberation of a concentration camp, an episode that could have been played for easy sorrow but in which Fuller achieves the deepest emotion with astringent compression. His lean drama understates the unspeakable horror by revealing only the edges of the unbearable and thereby making it ever more horrifying. The chilling effect of this episode comes from its awful quietude. *The Big Red One* is an achievement. It joins the ranks of war films that matter.

PETER SELLERS AS FuMANCHU

It is sad to report that Peter Sellers' final film, which is described as a comedy, has virtually no laughs and only an occasional fleeting grin. Its promising title is *The Fiendish Plot of Dr. FuManchu*. It is a flat film with no spark of delight. Sellers has two principal roles. He is the evil master of the Orient, FuManchu, and is also the British detective summoned from retirement to find and foil Fu.

Peter Sellers captivated the world in a glistering string of comedies. In the past few years in his Pink Panther movies, his tumble-tongued Inspector Clouseau collapsed all over the screen as audiences collapsed with laughter. His final fine film, *Being There*, revealed him as an artist in that most difficult of characters, the empty non-person, a brilliant cipher who spoke in neuter tone.

The plot of this FuManchu movie gets so murkily involved, it is no surprise to discover that the writers met at seven o'clock every morning in a southern California coffee shop to think up ideas on what to do next. That's exactly what the script sounds like.

Think of Peter Sellers for his many marvelous films, from *I'm All Right Jack* through *Dr. Strangelove* through the Pink Panther comedies to *Being There*. Those are memories of Peter Sellers to cherish. *The Fiendish Plot of Dr. FuManchu* is a film to forget, but Peter Sellers is an artist to remember. **End**

GENE SHALIT RE-VIEWS

The Blue Lagoon is a silly, rather coy story about a boy and girl shipwrecked on a tropical island.

The Changeling—Finally there is a good horror movie with creepy, stealthy suspense. George C. Scott and Melvyn Douglas star.

The Empire Strikes Back—Dazzling effects and the popular *Star Wars* characters return in the second film of the series. Memorable new character: Yoda, the elf-size wizard whose voice belongs to Frank Oz of Muppet fame.

The Long Riders is a first-rate western about the Jesse James-Cole Younger gang. The Keach brothers play the James brothers; the Carradine brothers play the Younger brothers.

Rough Cut—Burt Reynolds, Lesley-Anne Down and David Niven star in this lighthearted comedy about a diamond thief.

The Shining, Stanley Kubrick's new horror film starring Jack Nicholson and Shelley Duvall, is a letdown and a disappointment.



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Can This Marriage Be Saved?

Jon and Carol failed at marriage once, but they wanted a second chance. When love goes wrong, can a couple ever make it right?

By Dorothy Cameron Disney

"Should I Marry My Ex-Husband?"

This case is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit, educational counseling and research organization with a staff of 70 counselors. The true story reported here is drawn from counselors' reports of interviews. Names and other details have been altered to conceal indentities. The counselor this month was Doris Ryan McElwee.

CAROL'S TURN

"Last Christmas was a real shocker," began 34-year-old Carol, an attractive, single mother whose two marriages had ended in divorce. "My fourteen-year-old daughter, Betsy, had invited a surprise guest—my first husband, Jonathan, the father she never really knew.

"Betsy is a real show-off," Carol continued, in a soft voice edged with distress. "She probably hoped to cause a big commotion by producing Jon, whom I hadn't seen in fourteen years.

"Since Jon is an ex-naval officer, she was able to discover his address quite easily. Bright and early Christmas morning, he showed up at my grandmother's house loaded down with expensive gifts. Naturally, Betsy and her seven-year-old half-brother, Timmy, were beside themselves with excitement. But me—well, I can't say how I felt that morning. Ambivalent, maybe, and confused.

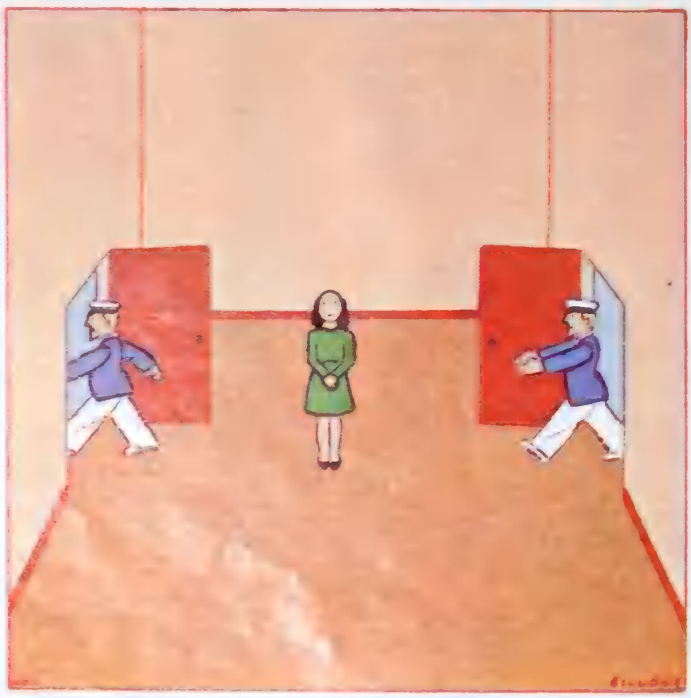
Jon and I broke up when Betsy was only a few months old. It was his idea, not mine; I've been in love with him since the day I met him, looking so handsome in his Navy uniform. We fell for each other very quickly and decided to elope rather than wait for a big church wedding.

"Our first year of marriage was just wonderful, even though he was at sea a good deal of the time. But as soon as I became pregnant, he lost interest in me. He was brusque and cold, ignoring Bets and shunning me in bed. I accused him of running around with other women, and he didn't deny it. Finally he stopped coming home at all and wrote that he wanted a divorce.

"The divorce was arranged by my grandmother, who's really like a mother to me. My parents left me in her care when I was an infant and just never got around to picking me up again. Anyway, Granny is very religious, so it took a lot of doing to persuade her to help me with the divorce. She hasn't let me forget it either.

"Knowing Granny's attitude, I was amazed when she accepted Jon's sudden reappearance without a word of reproach. Indeed, she even asked him to carve the turkey, a real sign of acceptance.

"Jon seemed like a completely different person that day. His warmth and thoughtfulness charmed everyone at the festive table—everyone, that is, except Bets, who wanted all the attention herself. While I cowered in a corner, she threw herself on the floor in a tantrum as though she were a two year old. Granny jerked her to her feet, and then Bets began to kick wildly, trying to strike all of us. Jon jumped up and helped Granny control her, much to my relief.



"I was so shaken by the scene that I could barely mumble my apologies to Jon. I will always be grateful for his reaction. 'As a neglectful, absentee father,' he said to me with a wry smile, 'I should be the one to apologize.' He added that he sincerely hoped I would give him a chance to do better.

"Well, I left Bets and Timmy at Granny's, and Jon stayed the night with me. It seemed inevitable, destined. I needed *(continued)*

Illustration by Guy Billout



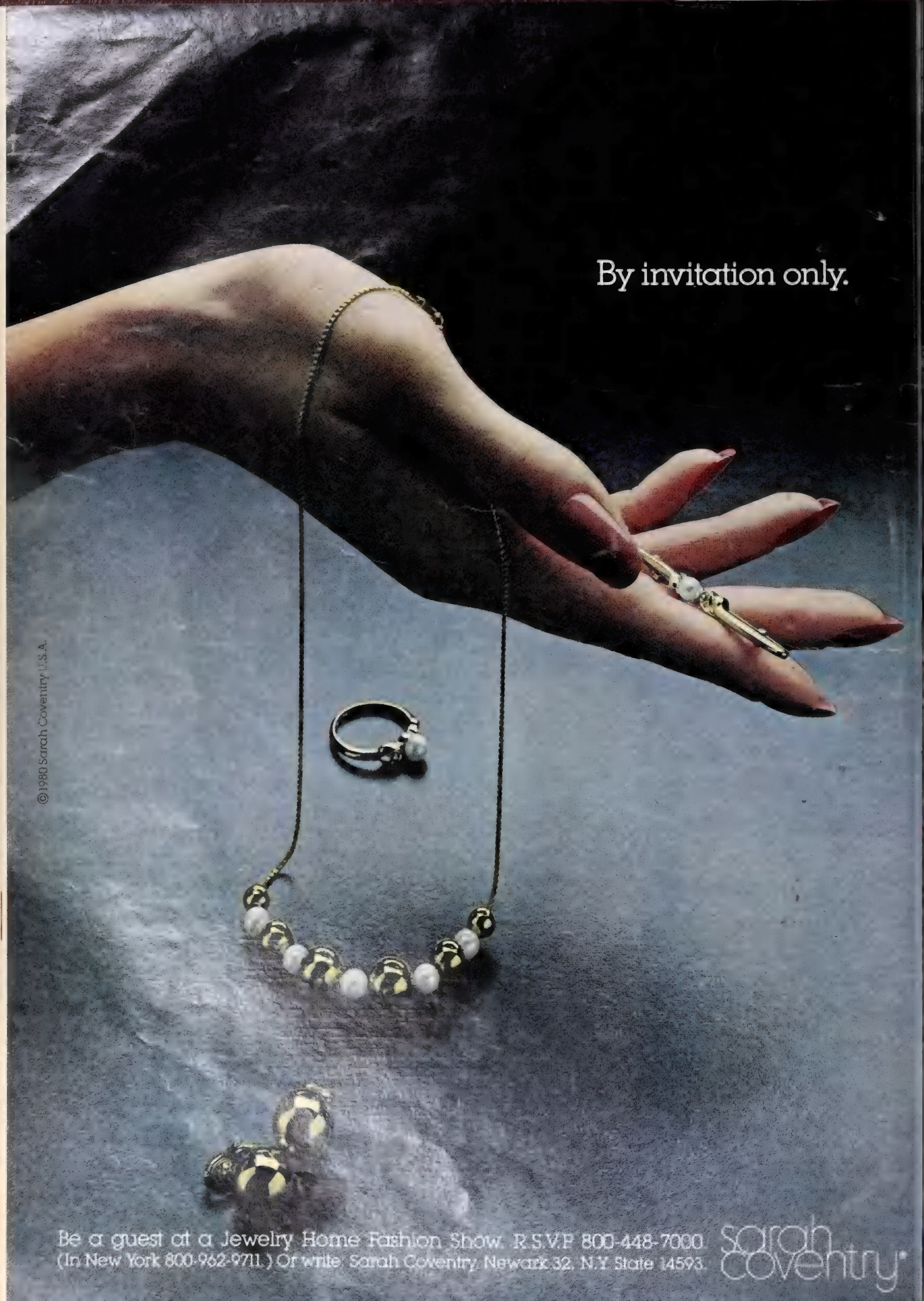
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Can This Marriage Be Saved?

continued from page 23

teacher. In addition, I was so anxious for the divorce that I gave up everything in the settlement.

"Granny also pesters me relentlessly. She calls every morning at eight o'clock—just as I'm ready to leave for work—to see if Jon is sharing my bed. If he is, she denounces me for wrecking the children's moral values. Actually, my apartment is so cramped that when Jon and I do sleep together—a rare event nowadays—it's in his furnished room or at a motel.

"I've been hoping to use my savings for a down payment on a large house. I'm afraid Bets will flunk out of school and never forgive me if I don't provide her with a place to study. Yet I'm also afraid that if I refuse to lend Jon money for a new business venture, he'll walk out of my life again, and I can't do both.

"I can't decide who to listen to or what to do. Jon wants us to get married at once. Although I love Jon and I'm sure he loves me, I'm afraid of another disaster. We tried marriage once, and it didn't work. Should we try it again?"

JON'S TURN

"Carol needs me, I need her, and that bratty teen-age kid of ours sure needs a father," said 38-year-old Jonathan, a muscular man of medium height, with wheat-colored hair and a shy smile. "In her heart, I feel sure Carol knows how much I love her, but she won't marry me.

"No wonder she's confused. The creep she married after we split up is driving her out of her skull. He wakes her in the middle of the night, screaming obscenities into the phone and threatening to take custody of her children. And sometimes, if he's plastered, he threatens to kill her, the youngsters, her grandmother and bump himself off, too. But she won't let me put him under police bond to keep the peace. She's afraid it would make him angrier.

"Whenever our daughter, Betsy, is of a mind to stir up trouble, which is too often, believe me, she runs to Craig with some cock-and-bull story about Carol and me. Then the telephone rings all night long. Yet Carol won't let me discipline Bets, even though she's my kid, too.

"Granny is another telephone menace Carol is coping with on her own. In some ways, many ways I guess, Granny has been good to Carol. She looked after her when she was a helpless baby dumped by her globe-trotting parents. But Granny is a real tyrant who believes in a hellfire and brimstone religion.

"I, myself, grew up scared, surrounded as I was by a pack of sisters: four older, two younger. And all six of them were petticoat bullies like Granny. The oldest four, for example, would pinch me when no one was looking just to hear me howl.

"Although I was the only boy, my father was ashamed of me and would show it. I ran away from home and joined the Navy at seventeen and I haven't seen or talked to him since. I guess he and Mom and the girls were glad to see me go.

"When Carol and I married I had a problem—one that grew bigger and bigger. I was hooked on hard drugs.

"I was too proud to tell Carol the truth. I was also scared—scared that she would bust up our marriage, which happened anyway. In any case, I preferred that she remember me as a macho type, running around with other women, rather than a weakling addicted to drugs.

"When Carol told me she was pregnant, I wasn't overjoyed—I wanted her to myself—but I was more or less resigned. At that point, however, she insisted we stop making love so we wouldn't harm the baby. For six months she had me sleeping on the sofa, sore as hell at her and the baby. Well, I consoled myself by doubling my usual dose of drugs.

"By the time Carol came to her senses and wanted to make love again, I wasn't interested. To tell the truth, a good bit of the time I couldn't function sexually. The last thing I wanted my wife to know was that I had lost my grip on my manhood, so I pretended to be indifferent. When I went to sea again, I wrote Carol, asking for a divorce.

"Years later I checked into a hospital and my addiction was treated, successfully. Life is too good to waste. Now, if I can just get back together with Carol, the future will be great.

"I hate to ask Carol for a loan to buy a truck and start a business, but I have no choice. My second wife, unfortunately, was as mean and greedy as Craig. To get my freedom, I had to sign away my disability pay and most of my savings. Once I have my truck and have the business going the way I visualize, I would be in a position to buy Carol the kind of home she keeps harping about.

"Although her bank adviser says the trucking investment is a fine idea, Carol continues to stall, saying Betsy needs her own room right away. It seems to me that she's putting our daughter ahead of me.

"If Carol truly loves me, as she says she does, then she has two ways to prove it. She can make me a loan and marry me, for Pete's sake!"

THE COUNSELOR'S TURN

"I am not a financial adviser," the counselor said, "and would not tell Carol where to commit her savings. Financial advice was not what she needed, in any case. Bombarded by pressures from all sides, she needed to recover her equilibrium, to think and to act for herself.

"Carol's inability to assert herself came from her unusual childhood. In some ways Granny was a good substitute mother to Carol. However, in exchange for her love, she insisted that Carol conform to rigid, moralistic standards. Passive and obedient by disposition, Carol felt an overwhelming obligation to please the adult who had taken her in when her real mother had cast her aside. Granny took full advantage of her captive granddaughter, denying her any independence whatsoever.

"When Carol met Jon, she pictured him as strong and manly, a hero who could rescue her from the prison of Granny's home. He, in turn, saw her as a remedy for the insecurity he'd felt since childhood—a legacy of his cold, overbearing father. In addition to their romantic, though naive, visions of each other, their sexual attraction was powerful.

"Very shortly after the marriage, the reality of Carol's unplanned pregnancy darkened their relationship. As was almost inevitable, given his emotional failings, Jon's jealousy of the coming baby sent him to his favorite remedy for solace. He doubled his usual drug intake, tripled it and became an addict. The marriage collapsed.

"When the couple reunited fourteen years later, Jon's addiction was cured but they had a money problem in its place. To Jon's mind, it was logical and fair for Carol to prove her love by entrusting him with a loan. If Carol wouldn't trust him with money, thought insecure, dispirited Jon, why should he believe in her love or believe in himself?

"What Jon failed to recognize was that Carol retained unhappy and still very vivid memories of her financial dealings with second husband, Craig. Carol was terrified that the dismal experience would be repeated with Jon, impoverishing her and the youngsters.

"It was vital that the two learn to share their inner fears, hopes and secrets. I told them so. Jon then confessed to Carol the truth about his former addiction, clearing up for her the puzzling mystery of their past together. At this juncture, for the first time, she was able to trust him, which made him feel less vulnerable. He even agreed that Carol should invest her savings in a home.

"Carol and Jon were married in the garden of the new home. According to my last report from Carol, trouble-making Betsy has improved her school grades—thanks, in part, to Jon's help with math. The relationship between father and daughter is far from ideal, but most of the time Betsy is amenable to Jon's discipline and doesn't run to Craig for help anymore.

"Carol hasn't heard from Craig in months, she told me happily, adding that Granny now calls at convenient hours. I congratulated Carol on passing her lessons in assertiveness with flying colors.

"Jon and Carol have learned a lot the hard way. I feel confident that their new marriage will last." **End**

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The Child Who Never Arrived

A New Look at Miscarriage

Nearly one-fifth of all pregnancies in this country end in miscarriage—a hidden tragedy no one talks about. Here, in a compelling report, are important findings every woman should know.

By Janice Billingsley

The day the gynecologist told Lucy Winters that her pregnancy test was positive she and her husband, Paul, cried with relief. For the past three years they had made a series of anguishing visits to one fertility expert after another. "The doctors kept saying that there was nothing organically wrong with either of us," Lucy recalls, "and that we should just go home and be patient. But how could we? I was in my mid-thirties. I felt like the clock was running out on me."

When the good news finally came, Lucy and Paul Winters threw themselves into a frenzy of preparation. Paul began clearing out the extra room in their suburban Boston home for the baby. Several weeks later, just as he was finishing the last coat of yellow paint on the nursery walls, Lucy discovered she was bleeding—at first in spots and then heavily.

"I was terribly frightened," she remembers. "Paul and I rushed to the emergency room at the hospital where the doctor on duty said she thought that the baby was all right and would survive. But deep down, I must have known otherwise."

Her own doctor, when she reached him, confirmed her worst suspicions. The fetus was "no longer viable," he told her. During the next several days Lucy grew increasingly depressed. Unable to muster the energy to go to the office, she stayed at home for weeks. She was, at first, even unable to cry. When she finally did break down, the tears came in torrents. "I cried to Paul that all our hopes for having a baby were gone forever," Lucy says. "Somehow I felt that I was entirely responsible for the miscarriage, even though I knew it didn't make sense to blame myself.

"Everyone assured me that I'd get pregnant again. It was 'only' a miscarriage, they said. But people had no idea whatsoever of how awful I really felt. I considered myself a failure. I felt gypped and very much alone."

Legitimizing the emotional impact

Lucy was not alone, statistically at least. As many as one out of five or six pregnancies ends in miscarriage, most occurring during the first three months. And everyone who has not experienced miscarriage firsthand certainly knows someone who has—a sister, a friend, a co-worker, their own mother, even a distant relative. Yet the deep emotional pain that miscarriage may bring is often all but ignored by the medical community and society at large.

"The grief that can accompany a miscarriage is a seriously neglected area of medicine," says Dr. Jack Stack, a family physician and psychiatrist in Alma, Michigan. "Because it has been traditionally thought that a woman doesn't feel attached to the fetus until after she feels it moving inside her, the need to grieve after she loses the baby often goes unrecognized by friends, relatives, doctors—even the woman herself."

Naturally reactions differ from woman to woman, depending on her life circumstances, her feelings about her pregnancy and her own psychological makeup.

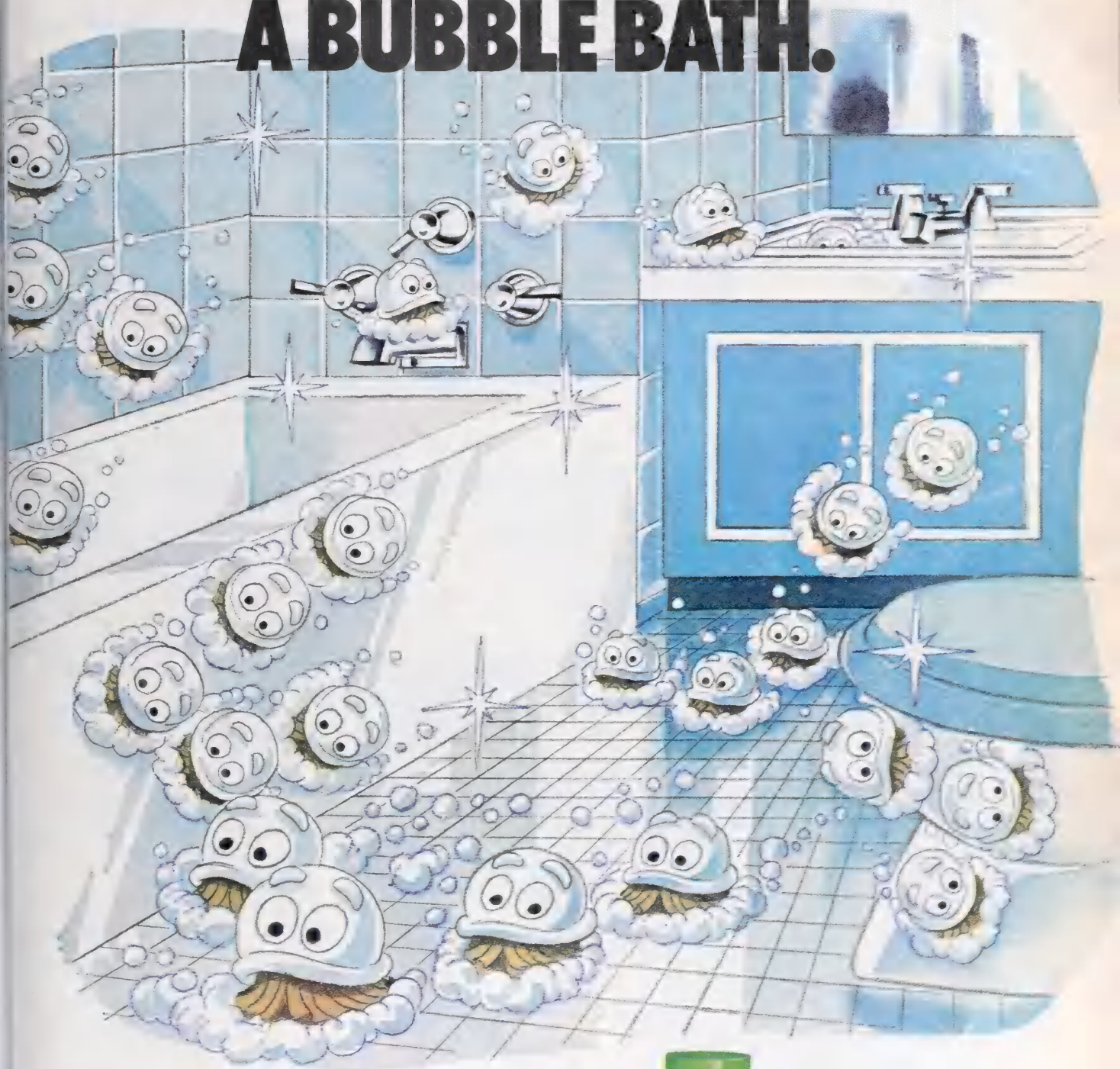
But the need to grieve is there for every woman in varying degrees. A person who already has three children and then miscarries an unplanned pregnancy is likely to be less troubled than someone, like Lucy Winters, who miscarries during a long-awaited first pregnancy. A miscarriage for one woman may produce guilt feelings that trigger a severe depression, while a miscarriage for another will be accepted as a fluke of nature.

But for the many women—and their husbands—who do experience deep *(continued)*



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A New Look at Miscarriage

continued

anguish, help is often not at hand. Couples often are offered platitudes in place of the true understanding and sympathy they need. They are left to suffer their loss alone, with little or no outside support.

"There is a tendency to minimize the impact of a miscarriage," agrees Dr. Anthony Labrum, associate professor of obstetrics, gynecology and psychiatry at the University of Rochester's School of Medicine and Dentistry. "People, including doctors, say things like, 'It happens to a lot of women,' or 'You'll get over it.'" says Dr. Labrum, coauthor of a study about the emotional aftereffects of miscarriage. "While the comments may be true, they aren't very helpful when a miscarriage has just happened."

The clarifying facts

More helpful than the platitudes—no matter how well intentioned—are facts that can help a woman understand the causes of miscarriage, says Dr. Sheldon Cherry, associate clinical professor of obstetrics and gynecology at New York City's Mount Sinai Hospital. The majority of miscarriages—an estimated one-half to two-thirds—are due to chromosomal abnormalities in the fetus. Because the fetus itself is defective, it is unable to grow and is ejected by the uterus, explains Dr. Cherry who is the author of *For Women of All Ages*.

The remainder of miscarriages stem from deficiencies in the maternal environment. These include hormonal imbalances in the mother, congenital abnormalities of the uterus, the presence of a virus or, less commonly, fibroid tumors in the uterus. Such problems, given increasingly sophisticated gynecological techniques, rarely mean that a woman will never have a full-term pregnancy. Quite the contrary: The large majority of women who have miscarriages subsequently go on to enjoy healthy pregnancies and deliveries, Dr. Cherry reports.

Should a woman have repeated miscarriages, say two or three, Dr. Cherry advises that her physician conduct a series of diagnostic tests. If the fetus itself is normal and the miscarriage is therefore linked to the mother's physiology, the doctor may recommend medical treatment to help bring a future pregnancy to term.

New research is providing surprising insights into some additional factors that may interfere with pregnancy. At New York City's Columbia Presbyterian Hospital, a research team interviewed over 5,000 women who had miscarriages over a five-year period.

Dr. Dorothy Warburton, director of the hospital's cytogenetics laboratory, says study findings show that as few as two more alcoholic beverages a week can do ble the chances of miscarriage. Furth more, a daily drink appears to be as ciated with a tripling in the risk of sp taneous miscarriage.

Among other instructive findings of t Columbia Presbyterian study:

- There *is* a direct correlation betwe smoking and miscarriage—the more y smoke, the more you increase t chances of miscarriage.
- The risk of miscarriage increases w maternal age, especially after age 35.
- There is *no* evident relationship b tween the use of saccharine and the ra of miscarriage (saccharine-sweetened be erages were not included in this r search).

Abortions may increase risk

Another study suggests that wom who have undergone repeated abortio may increase their chances of having miscarriage. The research, undertaken a team of doctors at Brigham a Women's Hospital in Boston, shows relationship between one abortion a the rate of miscarriage among the 2 women under study. However, the risk miscarriage among women who have h two or more induced abortions is doub that of women who have never had one

The reason? According to Dr. Steph Schoenbaum, the director of the lying- division of the hospital and coauthor the study: "We have no proof, but it worth considering the possibility th multiple abortions may somehow alt the viability of a developing pregnanc perhaps by impairing implantation or pl centation." He adds, however, that wh multiple-induced abortions do seem increase the risk of miscarriage, "the r sults of our study don't indicate that the women ultimately are unable to achieve successful pregnancy or their desire total family size."

As a matter of fact, however inform tive all these recent studies, their fin ings—say most gynecologists—are n necessarily applicable to a majority women and should not be unduly emph sized. Dr. David James, clinical associa professor of obstetrics and gynecology Cornell University Medical Center c roborates this view: "While having h two or more abortions or drinking m slightly increase the risk of a miscarriag it's important to remember that it is not one hundred percent situation. Not e eryone who drinks or has two abortions going to have a miscarriage—the perce tages are small."

Medical research is providing son concrete help along with statistics. For pregnant woman who worries that sh will miscarry, new diagnostic technique are eliminating the stressful wait-and-se approach. Among the most impressiv devices is the sonogram, or ultrasound, technique that uses sound *(continued*



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A New Look at Miscarriage

continued

waves to get a picture of the moving fetus. "By seven weeks after conception, you can detect a fetus by ultrasound," claims Dr. Joni Magee, instructor in obstetrics and gynecology at Jefferson Medical College of Thomas Jefferson University, in Philadelphia. "If a woman is spotting or bleeding, I can do an ultrasound to see what's happening in the uterus. If the ultrasound shows a living fetus, I can inform the woman, based on the ultrasound studies, that even though she's bleeding, there's a ninety percent chance she will carry the baby successfully," Dr. Magee asserts.

Also, when a patient has had a miscarriage and is particularly anxious during the first trimester of a subsequent pregnancy, Dr. Magee will occasionally conduct an ultrasound test to assure her that the fetus is all right. And to maximize the chances of healthy development, a careful program of health-care maintenance can be set up, encompassing proper nutrition and rest, exercise in moderation and the cutting down or complete elimination of smoking and drinking—a regimen more or less followed, in fact, by a great many women who do take good care of themselves regardless of whether or not they've had a prior miscarriage.

Yet, despite all these precautionary steps, miscarriages continue to take place with disturbing frequency. And for many women, even those who understand that they in no way caused their miscarriages, there are painful feelings when the pregnancy ends. These emotions, say health professionals, are part of a normal grieving process after a loss; and miscarriage is a loss, however unrecognized and however unattended.

"It can be difficult for a couple who has experienced a miscarriage to get the outside help they may need to cope with their loss," says Chris Stiefel Conta, a nurse who works with grieving couples at New York City's Lying-In Hospital.

While there is a growing awareness of the emotional needs of parents who have lost children, most support groups who work with mourning parents don't see couples who have experienced miscarriages—even though many of those couples would benefit greatly from talking about their feelings in an open and supportive atmosphere.

New strength and power

One hospital that does offer a group for couples who have suffered miscarriages is Booth Maternity Center in Philadelphia. Every time a pregnancy ends, there is a follow-up call to the woman to console her and tell her of the Center's support group, which meets twice monthly to help couples sort through their feelings about their loss.

"The group provides a very supportive atmosphere," says Nancy Johns, who, as director of the parenting department at Booth, runs the Center's program with Laurie Rendall, a certified nurse/midwife. "A couple is very vulnerable after losing a baby and, for many, the group is the only place they feel free to talk about their feelings and about the baby. If a woman can accept her miscarriage, she will have a sense of strength and power and will be able to treat the new pregnancy as a new experience. If she doesn't work through her conflicting emotions about her miscarriage," she continues, "the chances are she'll be terribly fearful during her next pregnancy, focusing too much attention on the dangers of losing her baby."

Initially, women who miscarry, says Nancy Johns, may be overwhelmed with feelings of anger. "There is a lot of anger about a fetus dying," Ms. Johns says. "That anger needs to be directed out, or it can settle on the woman herself."

"Often," adds Dr. Jack Stack, "a woman directs some of that anger toward her husband because he is being supportive and strong. In her eyes, he may not seem to care enough about losing the baby."

"Couples can have a very *(continued)*

A New Look at Miscarriage

continued

difficult time dealing with their anger about the miscarriage," says Laurie Rendall. "No two people are going to grieve the same way, so it's important to keep lines of communication open so that each understands what the other is feeling."

As the realization that they are no longer pregnant sinks in, many women pass from anger to depression.

One 50-year-old woman in New York still carries the emotional scars of a miscarriage she had over 20 years ago. "For months afterwards I cried any time I saw a pregnant woman, and for more than a year I was in a severe depression. My husband kept saying, 'You never knew the baby. How can you grieve for it?' Well I did, daily. I *still* think about that baby."

Rather than deny this depression, "what a woman really should do is spend time on her hurt," suggests Ms. Johns. "Her priorities have changed drastically, and those sudden changes have to be recognized. All those plans for the baby have been upset, and she has to adjust to the changes."

In fact, adds Ms. Rendall, many older women who had miscarriages a long time ago find relief in talking about the experience. "Older women who never grieved after a miscarriage will break down and cry ten, twenty years later when they finally let their feelings out," she says. "Many women have these feelings after a miscarriage, but they've never allowed themselves the luxury of mourning."

Healing the wounds

Along with anger and depression, a third very common by-product of miscarriage is a sense of guilt. Like Lucy Winters, many women blame themselves for causing their miscarriages, regardless o the medical facts. "A woman who has miscarriage often gets the feeling she being punished for past sins," says Dr Stack, "and she feels very guilty."

So-called "past sins," adds Dr. Stack may include a variety of acts medically unrelated to miscarriage such as lifting heavy suitcase, taking a trip, ambivalen feelings about the pregnancy in the firs place or having had intercourse near the time of the miscarriage.

In a particularly poignant admission o guilt, one woman at the Booth Cente confessed with great reluctance that she had had two abortions before she tried to start a family. "Now that I've had two miscarriages, I feel I'm even," she admits. "I've paid my dues, and I've had enough pain now."

Such self-blame is for the most part misplaced, according to doctors who say that full-time work and exercise and even lovemaking cannot harm a healthy fetus. But misplaced or not, these feelings o guilt frequently persist—particularly when reinforced by outdated information old wives' tales and/or the guilt-provoking accusations of family and friends.

Guilt lingers longest

Feelings of guilt linger longest, say the experts, when they go unaddressed. Face them head on, they recommend. "If a woman is encouraged to expose her feelings and fears," asserts Dr. Stack, "she will start working through them in a normal grieving process, and her guilt feelings will subside."

"Instead of denying the guilt, talk about it," echoes Nancy Johns. "A woman should ask herself, 'how legitimate is that guilt?' In fact," she continues, "a good clue to knowing when it's time to try to get pregnant again is when a woman feels comfortable enough to admit that the miscarriage wasn't her fault."

Eventually, according to the health professionals, the emotional turmoil that so frequently accompanies miscarriage does ease. The feelings of sadness, anger, depression, fear and guilt are all a natural part of a mourning process. Time diminishes the poignancy of the loss and helps heal the wounds.

Pangs of sadness may, of course, recur—on the baby's due date or during the delivery of a close friend's child. "But soon the woman who has miscarried will be able to deal with the loss," says Chris Conta, reassuringly, "and while it may still hurt, the pain will be colored by the realization that life goes on in new forms and in new ways." **End**

Ed. note: To add a happy footnote to this report: Lucy Winters, who miscarried her first pregnancy after a long history of infertility, is now—as this magazine reaches the stands—in her eighth month of pregnancy. She and her child, says her doctor, are doing beautifully.



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Beauty Journal

Quickening November—creative lighting tips, a flashy nail trick, more news to update *you!*

RIGHT LIGHT

Has this ever happened to you? Early in the morn, you lean over the bathroom sink and put on a pretty face—yet when you get to the office, your makeup looks like an Indian's warpaint. Or just the reverse: You're out in the evening and everyone keeps saying, "Do you feel all right? You look rather pale." Point is, the amount of makeup that seems perfect in the light at home frequently changes its complexion in different light. Here are some tips to put you in the right light. • The two main types of indoor lighting, explained Nancy Christensen, manager of Residential Lighting at General Electric, Cleveland, are: (1) Incandescent—bulbs with a filament, mostly at home; yellowish cast, and (2) Fluorescent—tube types, usually in offices, stores, greenish tint. • Since most home bathrooms have **incandescent** lights, take special care there. The "yellowishness" softens the look of makeup, urging you to apply more and more (may be fine for evening when exaggeration can be flashy). Another common cause of heavy-handed makeup is too-low wattage. To counteract, change your bulb to 100, even 150 watts if your fixture/wiring can take it. Ideal with incandescent: A room painted in soft blue or green to compensate for yellow light; a window to let in natural light; lights on both sides and top. None of the above? Consider investing in one of those special makeup mirrors ringed with lights. • **Fluorescent** can be both cool and cruel. Because it leans to green, it plays tricks with pallor and color. For example, blue and green eyeshadows seem to jump out while red and pink lipsticks look paler. Check in natural light to find a true balance. **General tips:** • Avoid clear bulbs at home; use "soft white." • When setting up a makeup area, try to light up your face, not just the mirror. • Fixtures with frosted glass tend to conceal the bulb, hamper the light; better, a milky-type glass.

CREATIVE DABBLING

Instead of just stroking on a serious coat of nail polish, why not play around for a fun holiday look. Pick out two contrasting (but coordinating) colors, such as pale pink/raspberry or lavender/magenta. Apply one shade over your regular base, then slash on diagonals of the darker color (as illustrated). Finish with clear top coat. Follow this dynamic-duo pattern or create your very own designs.



INNOVATIONS

What most women want this time of year: extra beauty ideas to carry them through the high season. Here, some new finds

• A big change in life's small patterns. Now instead of conditioning your hair after *every* shampoo, it may be possible to skip to *every fourth* time and still reap the benefits: shine, body, manageability. Small Miracle by Clairol, 11 oz., $2.49. • Raking leaves and/or peeling chestnuts? Treat rough hands to a soothing slide of lotion—with benefit of healing medication. Hand Therapy by Sally Hansen, 10 fl. oz., $2.49. • As an '80s woman, you have new options about the way you look . . . the care you take. It helps to keep skin younger looking with a lightweight liquid moisturizer. Beauty Fluid by Avon, 3 fl. oz., $5. • A blaze of autumn's majesty—fall-frosted nail colors sparked with glimmers of bronze, gleams of gold. Choice: Raspberry Frost, a glorious ruby-berry. NailSlicks by Cover Girl, $1.35 each. • Who can escape today's mad pressures, pollution in the air, etc.? Right now, you need a good skin cleanser more than ever before. Fragrance-free cream has deep penetration, unclogs pores. Active Cleansing Concentrate by Germaine Monteil, 4.7 oz., $10. • Takes two to tango . . . and now, two to color. Double-ended pencil glides on to gloss lips and to blush cheeks. Twinsticks by Almay in Plum, Rose or Ginger, $4.95 each.

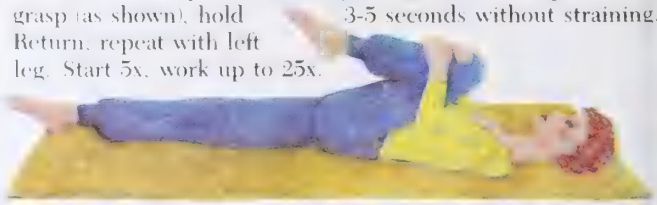
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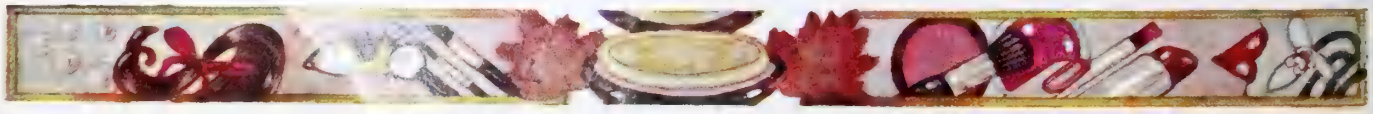
Scents you have known . . . and grown to love . . . can pleasure you in new and different ways. • Togetherness. Two scents, two bottles fit like pieces of a perfect jigsaw puzzle. New smaller-sized Man/Woman by Jōvan, ½ fl. oz. each; gift set, $10. • Inspired by the richness of silk, a luxurious body lotion filled with an air of rare jasmine, roses. Mary McFadden Body Silk Lotion, 8 fl. oz., $20. • The packaging is dramatic: a faceted black gem of a bottle. Inside, incredibly fragrant white cream for velvety skin. Perfumed Veil, 7-"Sens" (Seventh Sense) by Sonia Rykiel, 6.8 fl. oz., $23. • In a flower-and-trellis tin (good for tea, biscuits later) comes a trio of after-bath treats: cooling splash (5 oz.), body lotion (4 oz.), cologne spray (1.5 oz.). Jean Naté Ornamental Garden After Bath Collection, $9. • Destined to be a classic: a new elegant fragrance for men, harmonizing over 150 precious ingredients. Oscar de la Renta Pour Lui, Eau de Toilette, 2 oz., $20.

EXERCISE OF THE MONTH

Q. *Do you know a good back exercise? At times, my back aches . . . nothing serious but a nuisance.—K.L., Peoria, Ill.*

A. First, before doing back exercises, make sure you have no major back problems, according to Dr. William Liebler of Lenox Hill Hospital's Dept. of Orthopedic Surgery in New York. Exercising helps minor back pains and tension, also is a preventive. This exercise loosens hips/pelvic area, relaxes back muscles, stretches leg muscles. Lie on back, arms at sides. Take a deep breath; slowly bring right knee up to chest, grasp (as shown), hold 3-5 seconds without straining. Return, repeat with left leg. Start 5x, work up to 25x.





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Raising a Big Family in a Small-Family World

By Judy Abbott

I'm not particularly fond of children—at least not other people's children. However, when it comes to my own kids, I admit I'm a little crackers! I have seven in all—two boys and five girls, ranging in age from one and a half to 11. My husband, Lloyd, and I eventually hope to add one more and round the number to an even eight.

It's curious, but I don't remember wanting to have a lot of kids when I got married. Even when I was a little girl, I didn't play with dolls. And as an adult, I don't really enjoy being pregnant. Some women blossom during those nine months. Me, I just get fat. But, somehow, every time I have a baby, it whets my appetite for another.

The fact is that I enjoy being a mother. I'm good at it, too. My husband, an Army officer, and I have been happily married for 13 years. Fortunately he feels the same way about our large family as I do. And he makes a great dad. We're both educated, reasonably intelligent, very normal people. Our children are bright, attractive and well-adjusted. But sometimes it's difficult raising a large family in a small-family world.

Having a house full of children seems natural to us. Somewhere after we had Jennifer, now 11, Kristen, 9, Aaron, 8, and Emily, 6, we simply decided to keep going. But I soon began to realize that the size of our family was causing a lot of talk among our acquaintances and our neighbors. Some thought we were irresponsible, dumb, even immoral.

Our friends began to wonder, too. Many seemed to think that I was the victim of my husband's uncontrollable passion (not a bad idea, actually). Others believed that we kept having "accidents." The fact is that there isn't an "accident" in the whole lot.

Everybody has an opinion

Everybody has an opinion about the size of our family. Even strangers. And people can get downright rude about the issue. One incident will always stay in my mind. I was pushing a double stroller that held my two little girls, ages two and a half and four. On my back, sleeping in a pouch, was my one-year-old son. I was also six months pregnant.

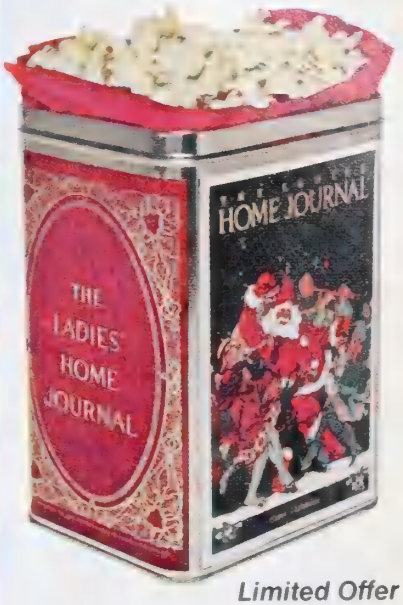
I guess I must have been a funny sight, but I was unprepared for the reaction I met with: Suddenly a short, elderly woman planted herself in front of me as we stopped for a light and shook her finger in my face. "What's the matter with you?" she yelled at the top of her lungs. "Don't you believe in birth control?" If I hadn't been in such a state of shock, I would have answered, "Of course I believe in birth control. That's how I managed to have my children eighteen months apart!"

But as much joy as I get from my family, life is not all rosy cheeks and cuddles. There is a hamper full of problems and responsibilities that go hand in hand with such a large brood. Our financial situation is always precarious, especially with today's inflation. We try not to dwell on money problems. Still, though, when you buy shoes, you have to multiply by seven. And it's the same when you make hamburgers for dinner. Lloyd and I certainly plan to provide the kids with college educations, but the expense boggles the mind.

Somehow we've managed to make ends meet so far. We *(continued)*

Our Nostalgic Journal Goody Tin

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Offered exclusively in the pages of the Journal, this 1980 canister features our December, 1920 cover. Measuring 8¾" high, 6" wide, 5" deep, it's perfect for cookies, candies, pasta, tobacco, soaps, or your own seasonal favorites! Strong, airtight cover protects food for mailing. Handsome enough to display in kitchen, bathroom, or on your coffee table.

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Account # _____

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These Rolfs leather accessories for women can be as individual as your signature. Select a French Purse, Swagger Clutch or Attache and make it all yours with your personal leather initial. No matter which one you choose, they're each letter-perfect, with the personal touch to make them . . . very truly yours.

ROLFS...it shows you care.

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It's Not Easy

continued

have no debts or credit cards. We even put a little something aside each month from my husband's paycheck. We drive a 1976 model car that a friend sold to us for $300, and for $200 a month rent we live in a big, funny, old farmhouse with four bedrooms in the Maryland countryside.

I shop at the Army commissary twice a month. I buy flour from a local mill for 12¢ a pound and bake bread, four loaves at a clip, at least twice a week. I also buy 50-pound bags of powdered milk, which I mix in equal parts with whole milk. I've learned to preserve and can the fruits and vegetables from our garden. Meatless dinners at our house are not unusual though we often have fish, chicken and hamburgers. Our kitchen is run like a mess hall. I cook in quantities large enough for an army.

I sew much of our clothing. Friends often pass on things their children have outgrown. The Army pays our medical expenses, but not our dental bills. That's seven little mouths to think about. Mostly I make sure the children brush their teeth twice a day and then try not to worry.

There's a heck of a lot of work to do to take care of a family of this size. I have gone for years, literally, without enough sleep. I never catch up on the housework. My laundry rivals that of the local hospital in volume. I always look rather rumpled because I usually have at least one small child on my lap. The noise level is probably hazardous to my health.

I've come up with some guidelines that help make things manageable. One of my first rules as a mother is that kids will do pretty much what you *let* them do. If you don't discipline them, they'll act like monsters. The other rule: Don't sweat the small stuff. I try to save my energy for important matters.

Fighting, for instance. Like any family, we do have our squabbles. At one point there was a terrible outbreak of quarrels in our home. We agreed at a weekly council to post a fight chart on the refrigerator door. During the week I put check marks next to anybody's name who got into a scrape. At first the chart was loaded with checks. But each week they got fewer until we were able to go a whole seven days without a fight. To celebrate we took the family out for dinner.

In general, there's a premium on cooperation in our household. According to our current system, the four oldest help out by feeding, changing and dressing the younger ones—Hilary, 4, MaryRuth, 3, and baby Joshua. Sometimes I feel like I'm drowning in a sea of toys and socks. But we've devised a system to organize ourselves. The kids use baskets to collect toys and clothing during clean-up time.

Happily they can see how much we need their help and they take their wo quite seriously. One afternoon, for exan ple, Aaron, seven at the time, was wasl ing the back door when his friends aske him to play. "Just call me Cinderella," h replied. He stayed and finished the job.

I have discovered that I'm not a goo martyr. So for my children's sake as we as my own peace of mind, I do things enjoy, like reading and playing the pian And as much as I love my children, m husband is the most important person the world to me. We've been best frienc since we met at age 15. These days ou time alone together is limited, and there fore very precious. We have had a stanc ing date every Friday night ever sinc before we were married. Now th weekly tête-à-tête has become inviolable even if it just means going out for a drive

As in any profession you choose, th problems and challenges are inevitable We've chosen to have children. Some times I wonder if they will be bothered by that decision. The other day Kristel told me she doesn't want to have a larg family when she grows up. "Because yo can't have lots of nice things," she ex plained. And she's right.

But there are other things you gair Like special playmates you don't have t leave behind when your family move The ability to share and handle respon sibility. There's always someone to giggl with under the covers after lights are ou

I may be harried, but I'm never bored And although I don't think having a larg family is right for everyone, I feel I ar making a worthwhile contribution by rai ing such wonderful children. Beside what can replace the indescribable swee ness of nursing a baby or wrestling with three year old, or exploring a frog pon with a seven year old—all on the sam day? Being the mother of seven is firs and foremost a lot of fun. So much so tha I'm beginning to look at the youngest Joshua, who's nearly a year and a hal Hmmm. . . **En**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay $250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box INE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.

Today's kids are different.

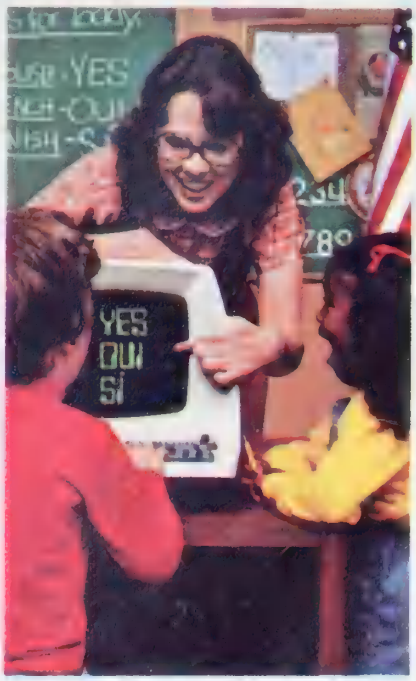
Mattel Preschool thinks their toys should be, too.











Times have changed. Kids have changed.

Education, TV and jet travel have helped make today's kids more aware of the world. And while the world is getting smaller, today's kids—part of a health-conscious generation—are getting bigger. And stronger.

Today's families are changing, too. With more working moms and single parents, kids are becoming more independent.

For all these reasons, kids need toys as different as they are.

Mattel Preschool has developed some of the most contemporary toys... working with educators, scientists, and, of course, today's kids.

We make toys that help today's kids better understand the world.

It will make a big difference—tomorrow.

Today's kids star

Mattel Preschool See'n Sa

See'n Say Talking-Learning System.
It makes learning about words fun and easy.



learning earlier.

oys make learning fun.

Today's kids are amazing. ıey're ready to tackle their 3R's en before they go to school.

That's why they need teaching ys smart enough to keep them erested and fun enough to keep em involved a long, long time.

Our See 'n Say® Talking-Learning stem is all that.

It lets kids have endless fun eating and hearing their very own ntences.



Each sold separately.

ur Talking Word Tiles™ packs make any word combinations possible.

Kids pull the strings.

Listen to how easy the See 'n Say lking-Learning System is: your tle one lines up the Talking Word les™ (they're like flash cards that lk) on the track and pulls the string. s the tiles move along, your child ars each word on the tile.

A real sentence is created. Or a ırase. Or at least a funny one-liner!

The Talking-Learning System mes with 20 Talking Word Tiles ith words on both sides, making a tal of 40 words! Hundreds word combinations are ssible. Now, your little emingway can really get eative.

The cow says "moo."

t's not just what you say, it's how you say it.

What's remarkable about the lattel Preschool Talking-Learning ystem is that while your kids are ıjoying themselves, they're really arning about words and what they ean. First, they see a word like l-u-e in print. Then, they see what ıe looks like. They hear the word blue. After that, they know exactly what blue is!

We have a way with words.

For years, children have been laughing and learning with our See 'n Say Talking Toys.

We have over 15 of them, including Spanish-speaking ones.

Take the famous The Farmer Says, for example. Kids think it's great fun. But underneath their laughing, kids are learning about animals and the sounds they make. Just by pulling a string. (You don't need any batteries to keep kids entertained!)

The Bee Says teaches ABC's in the same way. The Zoo Keeper Says brings wild animals into the house. (Don't worry, Mom, no mess to clean up!) Mother Goose Says brings to life popular old nursery rhymes.

Your kids can pretend they're on television with the See 'n Say Talking TV. Or have a silly little conversation with the Bugs Bunny* See 'n Say Talking Phone.

Nobody talks to today's kids like Mattel Preschool.



See 'n Say Talking Toys. Fun ways to learn everything from ABC's to the Zoo.



Our famous See 'n Say The Farmer Says has been bringing words to life for little kids all over the world for 15 years.

Mattel Preschool thinks that favorite toys ought to be able to go anywhere kids want to go. So we designed all our See 'n Say toys with easy-to-carry handles.

It's easy to see why See 'n Say Talking Toys have been so popular for so long. Mattel Preschool really knows how to talk to kids.

And nobody makes learning fun like we do.



Toys for today's kids™

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Today's kids are bigger

Mattel Preschool Tuff Stu

Tuff Stuff trucks.
They're big, tough and made of our practically indestructible plastic.



stronger, tougher on toys.

ys are built to take it.

Today's kids are really hard on s.

But Mattel Preschool's ready for m! We're even tougher on our s than they are. We drop them, ess them and strain them. d if they're tough enough make it, they're tough ough for lay's s.



ately.

Tuff Stuff trucks keep truckin'.

Kids love our Tuff Stuff® trucks cause they're made of practically estructible plastic. That's why y can go where other toys can't. d go where kids want to go most hrough the sand and mud.

You don't have to worry if your s leave their Tuff Stuff Fire ck out in the rain all night, either. sides being tough, Tuff Stuff truck lies are also rust-proof.

Our trucks really look like the cks rolling down the highway. accident. We designed them real-cally so your little truck driver's gination could really get in gear.

Kids can play with our trucks real truck drivers. For example, Skip Loader has a bucket that lly scoops, lifts and carries. Our mp Truck really carries and nps loads. Our Fire Truck really nes to the rescue with a ladder t goes up, down and around. r Tow Truck really tows. In t, it tows any of our other cks. And that's really fun!

Realistic trucks can carry a a long way. That's why we ke our Tuff Stuff trucks so big l true-to-life.

That's just one reason today's kids think Mattel Preschool trucks are a big 10-4.

The toughest shopping basket on the market.

Shop and compare. We think our Tuff Stuff Shoppin' Basket is one of the best-made toys around.

Real shopping baskets should be made so well!

We really went overboard. Not only is our Shoppin' Basket tough enough to carry the Tuff Stuff name, it's strong enough to carry 125 pounds (not that it should ever have to). And it's strong enough to become a family favorite for years.

Our Shoppin' Basket is also the only one to carry 12 of its own play groceries.



Each sold separately.

Groceries really add to the fantasy of playing grown-up. Your kids can pretend to shop for almost everything you shop for. About the only thing they don't get is the grocery bill!

Why do we make our Tuff Stuff toys so well?

Mattel Preschool feels you've got enough to worry about with your kids that you shouldn't have to worry about their toys.

Tuff Stuff toys stand up to today's kids.

You'll be happy to know that we didn't just build a super tough play Shoppin' Basket. We took our practically indestructible plastic and built practically indestructible Wagons, Wheelbarrows, Buggies and Doll Strollers, too.

When we build toys tough enough to carry the Tuff Stuff name, that means they're tough.

At Mattel Preschool we have tough standards for toys because we understand just how fragile the world of make-believe can be.

We know that when a toy breaks down, the fantasy breaks down. So we do everything we can to prevent that. We build toys tough enough to stand up to the test of time and today's kids.

Toys as tough as only Tuff Stuff toys can be.



Our Tuff Stuff Shoppin' Basket (with its 12 colorful groceries) will be a family favorite for years.



Toys for today's kids™

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Today's little kids want

Mattel Preschool First Wheels™ die-cast metal cars for little kid

Each sold separately.



First Wheels™ are realistic enough for little kids... safety-tested for you.

Little kids want to play with all those realistic-looking metal cars the big kids love to play with.

Mattel Preschool understands, but wants them to play it safe.

That's why we've designed little die-cast metal cars that are the perfect first cars for preschoolers.

Give your kids the green light.

What makes First Wheels so perfect for preschoolers? We considered curious little fingers very carefully. We pounded away pinch points. Rounded off sharp edges. Put on wheels that are designed to stay on and resist tugging. We made everything a little bigger. And then safety-tested everything thoroughly. As a result, little kids can't tell the difference between First Wheels and big-kid cars. But mothers and Mattel Preschool can. And we think that's a perfect solution.



The Big Dig Construction Site is a big favorite of little kids.



Now you don't have to worry when your little one wants to drive.

We matched all the excitement of big kid ca

We did it 12 exciting times. everything from Bulldozers to F Chief Cars. We even have the p fect place for kids to play with F Wheels. Our Big Dig™ Constru Site is a big favorite with little c struction bosses.

There's "work" to do. Loads scooped and poured. A garage to go in and out of. A play gas p for refueling. There's no stoppin until mom blows the lunch whis

Mattel Preschool First Whe are the perfect first cars for littl kids. They were made for each o

;o do what the big kids do.

Mattel Preschool Wonder Blocks are built for little kids.



Easy-to-work-with shapes.

Little kids just love to play with ose finicky interlocking blocks. it their little hands have trouble tting them together and taking em apart. And that's no fun.

That's why Mattel Preschool kes Tuff Stuff® Wonder Blocks. ey're big chunky shapes. Perfect apes for tiny fingers.

Tuff Stuff Wonder Blocks build confidence.

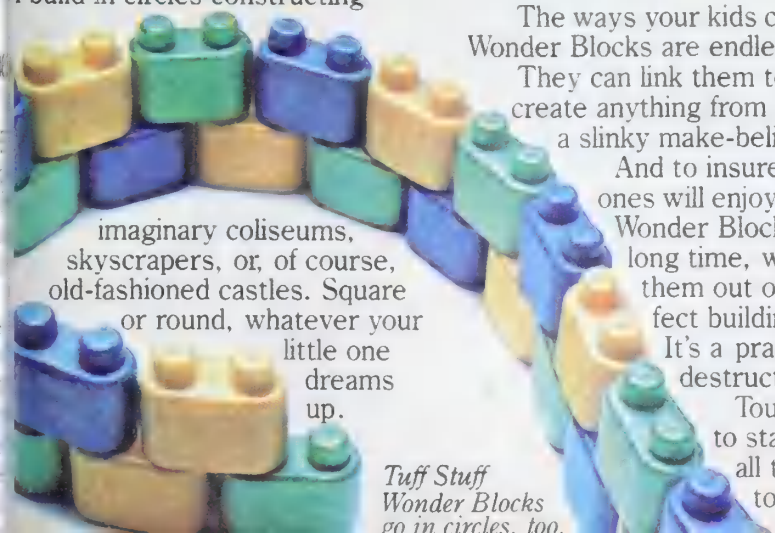
Interlocking Wonder Blocks are nple to put together and simple to e apart. So it's easy for little kids make big statements. And that's nstructive to their development l growth.

Ordinary blocks just go up and wn. Wonder Blocks, on the other nd, can also go around. Yes, in cles. They have rounded edges t actually turn corners.

As a result, the architectural ssibilities are almost endless. Kids n get really creative.

Small wonders.

Your little Frank Lloyd Wright n build in circles constructing imaginary coliseums, skyscrapers, or, of course, old-fashioned castles. Square or round, whatever your little one dreams up.



Tuff Stuff Wonder Blocks go in circles, too.



Architects build round buildings. Kids should be able to, also.

The ways your kids can play with Wonder Blocks are endless, too. They can link them together to create anything from a zigzag to a slinky make-believe train.

And to insure your little ones will enjoy Tuff Stuff Wonder Blocks for a long time, we make them out of the perfect building material. It's a practically indestructible plastic. Tough enough to stand up to all the ways today's kids play.

There are three different sets of Wonder Blocks to collect: starter, intermediate and master.

Want some constructive advice? The best building blocks for your preschoolers are Tuff Stuff Wonder Blocks.

They're built for little kids.



Toys for today's kids™

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Today's kids need toys that keep up with them.

Mattel Preschool makes baby toys that keep on growing.

Babies outgrow toys as fast as their clothes. So Mattel Preschool thinks today's kids (and moms) need toys that can keep growing, too.



6 months-3 years.
Rail Runner grows from crib to playpen to floor.

That's why our merry, musical Rail Runner™ train is a good investment. At first, babies find its slow motion and lullaby music so soothing, they can be lulled to sleep. It runs for about 15 minutes on one windup. No batteries needed. Later on, it's fun to push around. Then, just attach a string and Rail Runner is fun to pull when baby's walking.

Our Tumble Turvy™ Triangle has a funny face that turns into an even funnier face as your baby turns him sideways. What a clown! A flurry of color and whirring sounds that will keep baby fascinated and happy for a long, long time.



1-4 years. *Tumble Turvy™ Triangle*

Birth-about 6 months. *With just one windup, our Rail Runner™ Tra plays music for about 15 minutes...going back and forth so you don't have to.*



The Mattel Preschool Bear's Bus® with Softuf™ Bear will be fun down the road. The wheels click, the bumper beeps and baby can make a moving picture in the ba window by simply turning the kn

6 months-4 years.
Bear's Bus® with Softuf™ Bear.



You'll see our whole world o baby toys has something in comm They're the kinds of toys that ke up with today's kids.

And today's busy moms.

Preschool

MATTEL



Toys for today's kids



Super Plenamins® Extra Strength multiple vitamins give your body more vitamin protection. Because today's activities—jogging, dieting, smoking, working overtime, even stress—can lower your body's vitamin reserves.

That's why we made Super Plenamins Extra Strength more powerful than other multiple vitamins. With more Vitamin C and E, more iron and zinc, and more essential nutrients than other high potency multiple vitamins.

So give your body more vitamin protection with Super Plenamins Extra Strength. Available wherever vitamins are sold.

And right now, you can get $1.00 ahead of the game.

Super Plenamins® Extra Strength

the super strength high potency multiple vitamin.

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Get a $1.00 refund coupon good on your next purchase of Super Plenamins Extra Strength. It's easy. Just send the front panel from your Super Plenamins Extra Strength (or Super Plenamins Original Formula) package with this coupon to Super Plenamins Extra Strength, Save $1.00, P.O. Box NB-544, El Paso, Texas 79977. (Offer is good on all size packages of Super Plenamins Extra Strength except 30-count size.) One per family. This form may not be duplicated.

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Offer expires June 30, 1981

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NEW YORKERS' NEW YORK:



THE BEST OF THE BIG APPLE

NEW YORKERS KNOW HOW TO ENJOY THEIR TOWN.
HERE, FROM A VETERAN NEW YORKER AND TRAVEL WRITER,
ARE SOME OF THE BEST WEEKEND PLEASURES IN THE BIG APPLE.
BY PHYLLIS FUNKE

New York is New York is New York. Love it, hate it, or go native and feel a little bit of both. No matter. It is still one of the world's most exciting cities. For the first-time visitor—or the veteran—New York always has a slew of new items up its sleeve, and a host of old ones that wear well.

First stop, Lower Manhattan. Far from midtown's maddening crowds, along the East River, is a conglomeration of sights and sites marking the 200-year-old area where America's commerce began. Known collectively as the South Street Seaport Museum (offices at 203 Front Street), the 11-block landmark zone within view of three Manhattan-Brooklyn bridges boasts 18th- and 19th-century brick commercial buildings, cobbled streets, aged piers, several old maritime vessels and a breeze from the sea. Folk dance groups and instrumentalists often perform here, and thanks to the proximity of the Fulton Fish Market, you can pick up some delicious fresh fish 'n' chips in the area. The Fulton Fish Market also supplies the Oyster Bar and Restaurant with fresh fish, a favorite haunt of Jackie Onassis and family, located in the bowels of Grand Central Station.

Bordering the South Street area are three of New York's most colorful ethnic neighborhoods—the Lower East Side, Chinatown and Little Italy—where the atmosphere almost fools you into thinking you've left the United States. Here you'll find Orchard Street's perpetual "I can get it for you wholesale" carnival, featuring a wide variety of merchandise (quiet on Saturdays because of the Jewish Sabbath but fast paced on Sunday); the Temple of Confucius at 16 Pell Street; and Umberto's Clam House at 129 Mulberry Street, where mobster Joey Gallo got his. You might also want to check out the group of spice stores at 265 Canal Street.

Slightly north of here is Soho, bustling with art galleries of the avant-garde, boutiques and restaurants. Adjoining Soho is Greenwich Village, whose heartbeat, Washington Square Park, hosts rock groups and balalaika players, disco-roller skaters and chess players and a passing show not far removed from a circus.

For sustenance in these lower regions, try the heights: The Windows On The World restaurant, that is, on the 107th floor of the World Trade Center. If the see-forever view doesn't open your eyes, the Hors D'Oeuvrerie's Sunday brunch should. There's the Cozumel Breakfast, including tortillas and fried eggs (hot, hot!) and the Chinese Tea House Lunch with, among other tidbits, hack lemon spare ribs and fried jao-tze with spicy chicken ($8.95). Brunch is served from noon till three; reservations required (212-938-1111), but window seats are a first-come, firs served affair.

Should the weather force you out of the clouds and off the streets, the doors of New York open on countless other pleasures and treasures. Too often overshadowed by the neighboring American Museum of Natural History (which opens its largest hall, the Gardner D. Stout Hall of Asian People, on October 17 is the tranquil, airy museum of The New York Historical Society. It houses, at 170 Central Park Wes collections of 19th-century, pop-art figurines and exquisite paper weights, and the exhibit, "Audubon ar His World," featuring numerous Audubon paintings of American birds.

Just a couple of blocks west, at Broadway and 80t Street, is New York's "gourmet and epicurean emporium," Zabar's. Zabar's carries croissants baked on the premises, Scottish salmon flown in fresh weekly, 40 kinds of goat cheese, 15 types of coffee, varieties of salami and just about every other fine foo you can name—plus kitchen utensils, sold at a discount, which hang from the ceiling like stalactites. Zabar's numbers among its customers Neil Simon, Dustin Hoffman, Walter Matthau and Linda Lavin—a you, too, can ship the goodies to California or elsewhere.

If you want a good, lean corned beef sandwich to picnic on in Central Park, you can get that at Zabar's too. Afterwards you might like to take the 20-minute, four-person, horse-and-carriage ride around the Park a $14 treat.

Across the park on the East Side is the venerable Metropolitan Museum of Art. From October 4 to January 4 it is featuring the only U.S. engagement c "The Vikings." You might also like to attend an aucti at nearby Sotheby Parke Bernet (980 Madison Avenue), where anything from Rodins to Continental clocks may be for sale.

Tired of the hustle and bustle already? Escape to The Cloisters Museum at Fort Tryon Park at the northern tip of Manhattan. Built in the medieval style t houses a collection of medieval art. It's easily reache by the No. 4 bus which travels up Madison Avenue, the "A" subway train which stops at 190th Street. Breathing space in midtown may be found in the terraced and lushly landscaped atrium of the Ford Foundation building at 320 E. 43rd Street.

You can relax in style at The Plaza Hotel's Palm Court, *the* place for tea—at four P.M., of *(continu*

Our Cream Sherry is good to the last bite...



when you bake this delicious Sherry Cake.

Bake a simply delicious Christian Brothers Cream Sherry Cake for someone special. And serve our Cream Sherry alongside. It has a smooth, mellow flavor that richly complements desserts and coffee. By itself, or in a cake, it's truly the cream of the sherries.

SHERRY CAKE RECIPE

- 1 pkg. (1 lb. 2-1/2 oz.) yellow cake mix
- 1 pkg. (3-5/8 oz.) instant vanilla pudding
- ½ teaspoon nutmeg
- 4 large eggs
- ¾ cup THE CHRISTIAN BROTHERS* Cream Sherry*
- ¾ cup vegetable oil

In large bowl combine all ingredients. Mix at low speed 1 minute, then at medium speed 3 minutes (or beat by hand 5 minutes). Turn into greased and floured 10-inch Bundt** pan. Bake in 350° oven 45 to 50 minutes, until springy to the touch. Cool on rack 15 minutes. Turn out onto rack to cool completely. Dust with powdered sugar, if desired.

*Any of The Christian Brothers Premium California Sherries may be used.

**"Bundt" is a registered trademark of Northland Aluminum Products, Inc., Minneapolis, Minnesota 55440.



Chef's Apron Offer

Pick up an order form for this colorful Chef's Apron at The Christian Brothers Sherry display in your local participating store.

Sherry from The Christian Brothers of California

Worldwide Distributors: Fromm and Sichel, Inc., San Francisco, California, U.S.A.

BEST OF THE BIG APPLE

continued from P.S. 2

course. There, against a background of palm fronds, marble columns and violin music, in an atmosphere reminiscent of turn-of-the-century Europe, you may sample such snacks as chocolate cheese cake ($3.95); open-faced tea sandwiches ($2.50); six types of tea ($1.50 a cup); and, on Wednesdays and Saturdays, some patriotic American caviar ($16 an ounce).

If a hot fudge sundae is more to your taste, sample Serendipity's at 225 E. 60th Street. This delightful hideaway has the atmosphere of an old-fashioned drugstore with tile floors, marble-topped tables, Tiffany-style lampshades and a menu that offers foot-long hot dogs, "ftatateeta's toast" (similar to French toast, with a cream cheese and strawberry rhubarb filling), and "frrrozen hot chocolate." By the way, Serendipity is convenient to the cable car at 59th Street and First Avenue. For $1 round trip, you can take a fun ride (3½ minutes each way) to Roosevelt Island, a new, mixed-income community with a European flavor on the East River.

At night, of course, there's Broadway, the theater buff's delight. You can pick up tickets for half price at a booth named TKTS in the middle of Broadway at 47th Street. Broadway, Off Broadway and Lincoln Center tickets are available there from noon to two P.M. and three to eight P.M. on Saturdays, and noon to eight P.M. on Sundays. After the theater, for dining among personalities you may have just seen perform, The Russian Tea Room, 150 West 57th Street (212-265-0947 for reservations) is a good bet. Among those who have supped there on hot borscht (beet soup, $3.75); cotelette a la Kiev ($9.50 for lunch, $14.75 for dinner); and blini ($12.75 for lunch, $17.75 for dinner) have been Nureyev, Woody Allen, Burt Reynolds, Candice Bergen.

There's more dining among the stars at Elaine's, 1703 Second Avenue, but the place has a reputation for snobbery. Yet, Elaine will take reservations from anyone. A recent phone call to inquire about getting a "decent table" provoked the response: "Whaddya mean, 'decent table'? What can be indecent about four chairs and a table?"

That's New York for you. Fun City. **End**

For a different view of New York, take a boat ride around Manhattan. See P.S. 6.

GE KEEPS GOOD THINGS GOING

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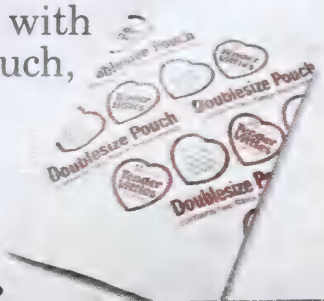




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NEW YORKERS' NEW YORK: TOUR MANHATTAN IN THREE-AND-A-HALF HOURS BY BOAT!



By Howard Greene

"Look at the magnificent New York skyline. Hundreds of concrete and steel fingers reaching towards the heavens," booms the commentator's voice over the loudspeaker. "One of those skyscraper towers is ringed by huge replicas of an old automobile radiator cap ornament. Can anyone tell me which one it is?"

The only response is the sound of water slapping against the hull of the Circle Line sightseeing boat as it starts its cruise around Manhattan Island. "It belongs to the Chrysler Building," he says, finally. "See, the tower below the spire is surrounded by twelve gargantuan gargoyles. If any of you are old enough to remember the 1929 Chrysler, you'll see that they look just like its radiator cap ornament."

A few minutes later, the commentator points out a Maxwell House sign on the New Jersey side of the Hudson River. On it is a huge coffee cup. "That cup is forty-two feet high. It's big enough to hold almost two million cups of coffee, which the plant can produce in about seventy-five minutes. That's enough java to keep you up for a lifetime!"

Downriver a ways, Ellis Island looms off the starboard bow. The Circle Line commentator points out that from 1892 to 1954 some 17 million future citizens were processed there. "Did you know," he says, "that half of today's total U.S. population either came through here or are direct descendants of Ellis Island immigrants?"

Each of the nine Circle Line commentators is a walking encyclopedia of New York lore and brings his or her individual flavor to the cruise. One will leaven the commentary by pointing out where Frank Sinatra started his career, Humphrey Bogart grew up and Henry Kissinger went to high school. Another will tell you where to find the best pizza, egg rolls or pastrami.

But the primary appeal of the 35-mile cruise around Manhattan is the spectacular from-the-water view of New York's variegated skyline.

If you didn't know how Wall Street got its name, you would after the Circle Line cruise. The Dutch built a protective wall there in 1653. Although it was dismantled 50 years later, the name of the street by the wall was called, appropriately, Wall Street. It was the home of the New York Stock Exchange, started in 1792, when a group of 24 traders met daily to transact business near a buttonwood tree.

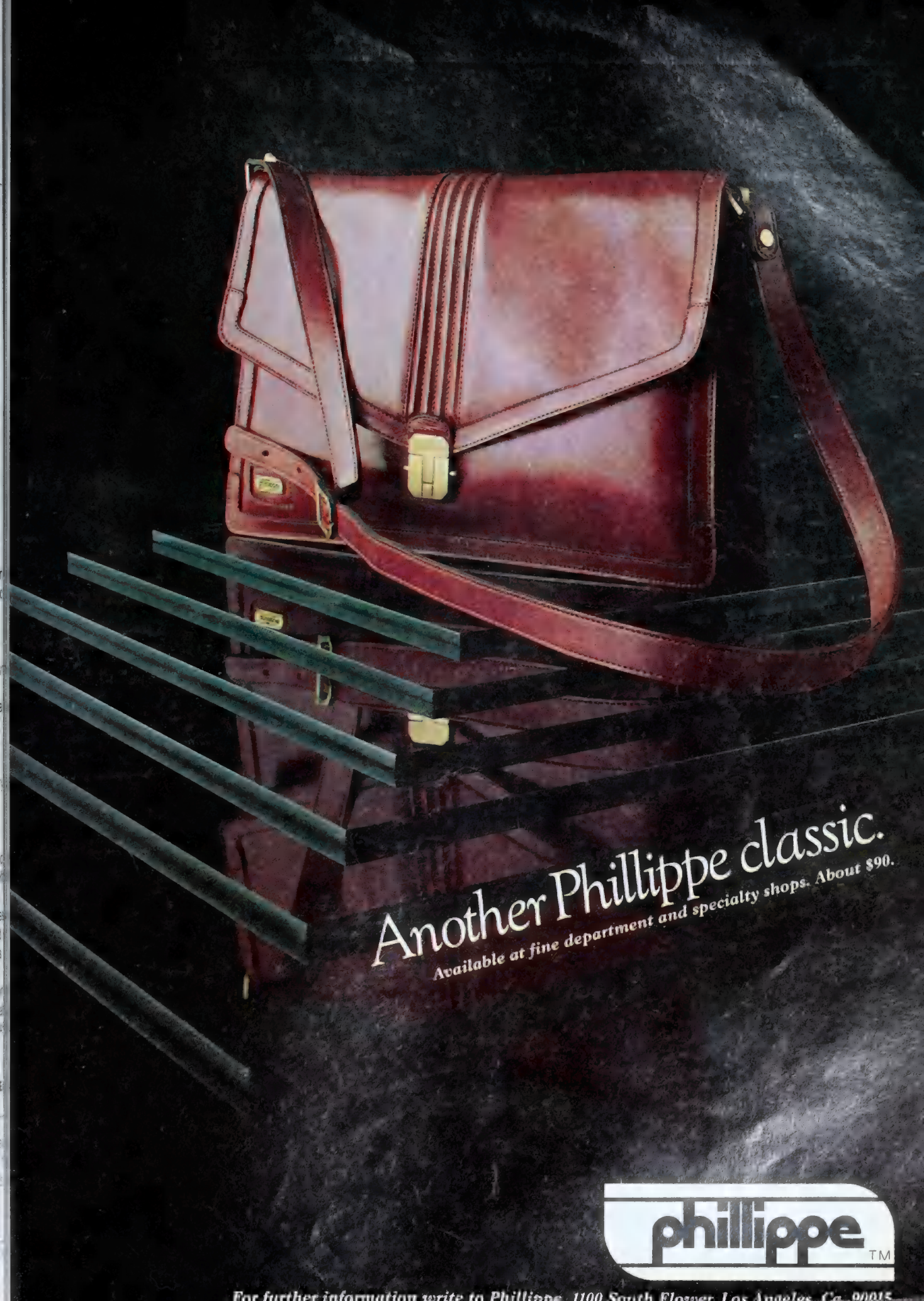
Then there are the bridges. The boat takes you under 20 of them during the cruise, starting with the one that has been "sold" scores of times, the Brooklyn Bridge. Most of us think of bridges as a convenient way of getting cars over water. That wasn't the original purpose of the Brooklyn Bridge. It was built in 1883, prior to the invention of the auto, and designed for pedestrians and horse-drawn vehicles.

Circle Line commentators also tell a charming story about the George Washington Bridge. For years, navigational lights were supplied to the bridge by a little red lighthouse located just under it. When the bridge got its own light, the lighthouse was scheduled to be razed. But a children's book by Hildegarde Swift, *The Little Red Lighthouse at the Great Bay Bridge,* generated such overwhelming response that the Coast Guard gave it to the City's Department of Parks. And it stands there today as an anachronistic reminder of a less complicated past.

You can catch the Circle Line Sightseeing Boats on Pier 83 at the foot of West 43rd Street. Boats leave at 9:45 every morning, seven days a week, and every 45 minutes until 5 P.M. It's best to call before you go (212-563-3200), however, as the Circle Line closes down in winter.

Back on land, you will discover New York's eateries at every turn of the corner. But for those who can't make it to the city, one of New York's most famous restaurants, "The Four Seasons," offers favorite dessert recipes to recreate at home. *See P.S. 8.*

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AT AMERICAN MOTORS

NEW YORKERS' NEW YORK:



RICH AND RITZY DESSERTS

THE FOUR SEASONS RESTAURANT IS ONE OF NEW YORK'S BEST PLEASURES. BUT YOU NEEDN'T PAY A VISIT TO SAMPLE THE DESSERTS; SOME OF ITS FINEST RECIPES ARE HERE, ON THESE PAGES.

On any given day at The Four Seasons, you might find yourself supping among such notables as John Chancellor, Meryl Streep, Bill Blass, Sir Laurence Olivier or dress designer Oscar de la Renta. The restaurant, which changes its menu, wine list and color scheme with the seasons of the year, is also famous for its rich, sumptuous desserts.

Here, just in time for the holiday season—Thanksgiving *or* Christmas—are recipes for some Four Seasons treats you can enjoy in your home.

FROZEN CHOCOLATE SOUFFLÉ

Most frozen soufflés are based on a Bavarian cream type of mixture. Because chocolate has its own setting power when it is cold, we have found that chocolate doesn't need the cooked custard base of the Bavarian. In fact, we get a lighter soufflé with our method. This recipe is quick and delicious.

¼ pound semisweet chocolate
2 ounces unsweetened chocolate
4 egg whites, at room temperature
⅔ cup sugar
2 tablespoons curaçao or orange liqueur
2 cups heavy cream

Fit a 1-quart soufflé mold with a collar. Place the chocolates in a heavy saucepan and melt over low heat. Set aside to cool.

In a clean bowl, beat the egg whites until frothy. Gradually pour in the sugar, and continue beating until you have slightly stiff peaks. Stir in the melted chocolate and curaçao.

In separate bowl, whip the cream until stiff peaks form. Fold the cream into the egg white—chocolate mixture.

Spoon the mixture into the prepared mold. Cover and place in the freezer until solid, about 3 hours. About 15 minutes before serving, remove the soufflé to the refrigerator to defrost slightly. Serves 8.

HAZELNUT CAKE WITH CHOCOLATE CHUNKS

This loaf cake is the ultimate, elegant pound cake, although quite a bit lighter in texture. It is good enough to be a dessert at any dinner.

Cake
4 ounces semisweet chocolate
5½ ounces (about 1¾ cups) ground hazelnuts
4 ounces (about ¾ cup) all-purpose flour
1 ounce (about 3 tablespoons) cornstarch
11 tablespoons unsalted butter, at room temperature
2 ounces (about ¼ cup) almond paste
9½ ounces (about 1 cup plus 6 tablespoons) sugar
2 eggs
1 teaspoon vanilla extract
1½ to 2 tablespoons water
4 egg whites, at room temperature
Glaze
Apricot preserves, strained and heated
1 tablespoon lemon juice
¼ cup confectioners' sugar
1½ tablespoons water

Grease and flour a 4½ x 9½ x 2½-inch or two 4 x 5 x 2½-inch loaf pan(s). Set aside. Heat the oven to 350°F.

With a knife, roughly cut the chocolate into chunks no more than ¼ inch wide. Place the chocolate in a bowl with the ground hazelnuts, flour and cornstarch. Set aside.

Place the butter, almond paste and 6 ounces of sugar in the bowl of an electric mixer. Beat until fluffy, then beat in the eggs, one at a time, beating well after each addition. Beat in the vanilla.

Stir in the chocolate mixture and mix well. Add 1½ tablespoons of water and mix well. If the mixture is very stiff, add a little more water so it is creamy.

Beat the egg whites with a whisk. When foamy, slowly add the remaining 3½ ounces of sugar. Beat until stiff but not dry. Stir about one-fourth of the egg-white mixture into the flour mixture. Fold in the remaining egg-white mixture until completely mixed. Drop the batter into the prepared pan(s), tapping lightly to settle. When filled, tap the pan gently on the work surface to settle. Smooth the top.

Place the loaf pan on a baking sheet and bake in the preheated oven for 55 to 60 minutes for the large pan or 45 to 55 minutes for the small pans, or until a knife in the center comes out clean. Place on a rack and let cool in the pan(s) for 5 minutes. Remove the cake from the pan and place on a rack to cool. While the cake is still hot, spread a layer of apricot preserves over the top. Let rest 10 minutes.

Mix the lemon juice, confectioners' sugar and water to make a glaze. Spread this over the top. Let the cake cool to room temperature. Do not refrigerate. Cut in slices to serve. Serves 20.

PEARS POACHED IN RED WINE

This simple dessert is extremely pretty, since the red wine tints the pears a deep red bordering on maroon.

2 cups sugar
1 bottle (1 liter) dry red wine
1 five-inch cinnamon stick
4 whole cloves
4 ripe pears, peeled, halved and cored

Place the sugar, wine, cinnamon and cloves in a 10-inch frying pan. Bring to a boil and stir to dissolve the sugar. Add the pear halves, lower the heat to simmer and cook for 10 minutes, or until the pears are just barely cooked through. Remove the pears to a side dish. Discard the cinnamon and cloves. Cook the liquid slowly until it reduces to a thick syrup, about 15 minutes. Return the pear halves, cut side down, to the pan. Cook for another 5 minutes, continually spooning syrup over the pears. Serve hot or cold.

SORBETS

Often a complex and rich meal is best completed by what appears to be a simple sorbet but which is, in fact, a very special course. What follows is a simple syrup recipe and the ingredients for the various sorbets, as well *(continued)*

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RICH AND RITZY DESSERTS
continued

as general procedural instructions. In most cases, the lemon or lime juice should be added to the puréed fruit immediately so it does not discolor.

At The Four Seasons, we serve a combination of four different scoops of sorbet in a pastry shell.

SIMPLE SYRUP
1 cup sugar
2 cups water

Place the sugar and water in a saucepan. Stir to dissolve the sugar. Bring the water to a boil and cook for approximately 5 minutes.

Let the syrup cool before using it at all. This will keep practically indefinitely in a covered jar in the refrigerator. Makes about 2 cups.

GRAPEFRUIT AND TEQUILA SORBET
2 cups fresh grapefruit juice, preferably pink
Juice of 1 lemon
2 tablespoons tequila
1 recipe Simple Syrup

CANTALOUPE SORBET
2 cups puréed cantaloupe
Juice of 2 lemons
1 recipe Simple Syrup

PAPAYA AND LIME SORBET
2 cups puréed papaya
Juice of 2 limes
1 recipe Simple Syrup

MANGO AND LEMON SORBET
2 cups puréed mango
Juice of 2 lemons
1 egg white, lightly beaten
1 recipe Simple Syrup

Mix all the ingredients together. Place in an ice cream freezer and freeze according to the manufacturer's directions. Makes a generous 4 cups. **End**

HEADS UP

By Sandra Gales Shapard

I'm one of life's jugglers
in my synchronized prime—
my forte is spinning
four dreams at a time.

I'm one of the jugglers
with both eyes on the balls;
I never look downward
regardless of falls

I count on the three
that are still in the air;
and when a ball bounces
I spin another pair

I thrive on the rhythm
the thrill and the rhyme;
I'm one of life's jugglers
syncopating time.

The hardest part of picking one out is turning down the other nine.



We sympathize. At Sheaffer Eaton, we have over 1,000 ways to inspire gratitude. And it took an awful lot of board meetings to narrow it down to the ten you see on this page.

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HAIR CARE BASICS: A GUIDE TO GLEAMING, GLOWING, HEALTHY HAIR

Is it safe to shampoo every day? Should you use a brush or a comb? Get a perm? Common hair care questions are answered by a top international specialist. By Janet Laib

Hair makes a lasting impression. Often, it is the single characteristic first remembered about a person's appearance. That's why, whatever the style or color of your hair, knowing how best to care for it will help make your tresses a gleaming asset.

Philip Kingsley, author of *The Complete Hair Book* (Grosset and Dunlap), a hair specialist, or trichologist, describes his profession as "being to the scalp and hair what a dentist is to the teeth and gums." Numbered among his better-known clients are Candice Bergen, Audrey Hepburn, Norman Mailer and members of the British royal family.

If you visit Kingsley's clinic-salons in New York or London, your hair and scalp will first be examined and tested to determine their condition and the nature of any problems. Then Kingsley or members of his staff will design an individual care program, with special attention to shampoos, conditioners, diet and scalp massage.

Here are some of Kingsley's pointers for a well-tended head of hair:

• Great looking hair begins with clean hair. Frequent washing with a gentle shampoo is good for it, even every day, especially if you live in a big city where the air is polluted.

• Blow-dry your hair only from the wet to damp stage. Once your hair is just damp, further blow-drying tends to damage it.

• Your hair can be dry and oily at the same time. You may have dry ends and oily roots. To correct this, use the mildest shampoo for oily hair and dilute by half with water.

• Energetic brushing of your hair can weaken and break strands, pull out tangled hair and scratch your scalp. So be sure to brush very gently or otherwise use a comb.

• The best combs are even-toothed and made from vulcanized rubber. Metal combs are too sharp and may hurt your scalp. Rubber combs also help neutralize static electricity.

• Daily scalp massage will help bring extra blood to the scalp tissues and increase the flow of nutrients to the hair follicles. Massage with your fingertips, gently pressing the scalp in a kneading motion. Don't move your fingertips through your hair. Concentrate on one spot at a time. Done properly, a massage will leave your scalp feeling tingly.

• Always condition your hair about six weeks before getting a permanent or coloring. Leave at least two weeks between the two treatments, if you are having both done.

• Extra-strength conditioners do help with the "frizzies." Another remedy: Before you go to bed apply a light vegetable oil, wrap your head in a hot towel, then rinse in the morning. Conditioners also help eliminate static electricity.

• Cutting hair does not make it grow more, though short hair tends to be stronger than long hair.

• Hair grows faster in the summer, possibly because the ultraviolet rays from the sun help stimulate growth.

• Tightly pulled-back hairstyles and braids can cause hair loss. Tight headbands, hats or the constant wearing of wigs or hairpieces may do the same.

• Medications such as diet pills, barbiturates, cortisone, birth control pills and antibiotics can cause changes in your hair, perhaps even thinning. As you grow older your hair may become finer and more brittle.

• Remember, the most important ingredient in maintaining beautiful, healthy hair is common sense. Eating the right foods—more whole grains, vegetables, fruits and less sugar, salt and animal fats—and getting enough sleep and exercise are good for you and your hair. **End**



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THE THANKSGIVING TABLE: NEW SETTINGS FOR TRADITIONAL FARE

You wouldn't trade the Thanksgiving turkey, chestnut stuffing and sweet potatoe pie for other holiday fare, but dazzling new table settings can add flair and adventure to a time-honored tradition. By Janet Laib

I'll always remember the first time that a centerpiece on a dinner party table made me gasp with surprise and delight. It was at the home of a chef, and consisted simply of an ornate silver tureen filled with a giant bunch of fresh watercress, almost sensually verdant.

Now that the time has come when the only rule in setting a festive table is "no rule at all," I've forsaken the creative casserole in favor of very simple cooking, presented on a table arranged with whatever happens to please me at the moment—and I even get points for "doing my own thing."

In the revised edition of *The Amy Vanderbilt Complete Book of Etiquette*, author Letitia Baldrige notes that the taboos of table settings are relatively few, though she cautions that candlesticks do not belong on a luncheon table and paper napkins are "an effrontery to a dinner served indoors."

"If there is one thing that is certain," Miss Baldrige writes, "it is that a bunch of florist-arranged flowers plunked down in the center of the table, flanked by four candlesticks, has become a boring and passé idea. Table decorations are now very personal statements of the host or hostess."

Charlotte Ford, in her *Book of Modern Manners*, tells admiringly of a friend who used a flowering cauliflower as a centerpiece and handwoven lace towels from Czechoslovakia as napkins.

Wit and originality also count more with me than the hostess who obviously has a charge account at an expensive florist. So, I have continued to seek inspiration from a number of very fine hostesses.

Joan Mondale, the Vice President's wife and often the hostess at official dinners, has brought a fascinating feast for the eyes to her table with handcrafted place settings. Each setting is different—though color-coordinated—and her table is quite a change from the official service of expensive china.

Busy working women may be inventive with the objects they find around the house. Seashells, pretty baskets filled with autumn's gourds and Indian corn, and even potted plants may be used imaginatively to make interesting centerpieces. Judy Gura, head of her own New York public relations firm, says she is too busy to buy flowers, so she has a repertoire of six different fancy folds to make colored napkins a focal point. She also gathers whatever is at hand—like her collection of paperweights—to group as centerpieces.

Cabbage and baby's breath

Ruth Epstein, who works at the Windows On The World restaurant in New York City, devised an unusual combination to adorn her own table. She blanches a large Savoy cabbage to loosen the outside leaves of this green, crinkly vegetable. Then she tucks sprays of baby's breath between the leaves.

Fresh vegetables are definitely "in" today, although our grandmothers might have paled at the idea of a non-floral centerpiece. John Clancy, a noted chef, suggests a basket of interesting breads, or a pyramid of fresh vegetables for a lushly textured arrangement. This would make the perfect "plentiful" display for your Thanksgiving table. Mr. Clancy also likes to use an assortment of drinking glasses clustered in the center of the table, with flowers in each. The different heights lend interest, he feels, and are a charming way to use flowers, instead of formal arrangements.

A word of caution from Felipe Rojas-Lombardi, chef, cookbook author and consultant to New York City's Dean and DeLuca (a shop famous for fine food and cookware): When you try something unusual as a table decoration, it's a good idea to stick to the rules for the rest of the table. By this he means don't start experimenting with very fancy folded napkins at the same time.

Rojas-Lombardi's favorite centerpieces tend to be made from fresh foods. For example, a whole wheel of cheddar cheese draped with clusters of fresh red currants. He also uses a pyramid of red onions on a platter, or a basket of eggs. When these are well lit, he notes, they create a beautiful still life to decorate the table. **End**

"WE'D NEVER PUT OUR BROWNIES IN A LITTLE TIN BOX."

Carole Levine, Brownie Troop Leader.

As you can see, the leaders of Brownie Troop #1900 in Los Angeles have a lot of responsibility. So when it came to choosing troop transportation, they were very tough cookies.

As one of them puts it, "I must have frustrated half the car salesmen in southern California looking for the right station wagon. The ones I looked at were so small and tinny. No way would I ever feel safe driving a bunch of girls around in any of them."

One by one, each of these Brownie leaders ended up at a Volvo dealer. And today, Troop #1900 travels around in a Volvo wagon train.

According to one of the other leaders, "I was sold on the Volvo wagon the minute I saw it. I knew the girls would fit very comfortably inside and there would be plenty of room left for their gear. When I drove the Volvo, it wasn't all over the road like other wagons I'd driven. It offered great visibility. And it just plain felt solid and safe."

If you're looking for a station wagon you can feel good about putting your kids in, join Troop #1900. Buy a Volvo.

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Original Art at Affordable Prices

In looking for original, one-of-a-kind Christmas cards or a possible investment, the world of silk-screen art is an exciting new market. By Helen R. Stephenson and Eleanor Herlands.

You may not hear it whispered about the halls of Christie's auction rooms, but a growing number of buyers have discovered where original prints by contemporary artists can be found for a dollar or two. The collectible gems are silk-screened, hand-printed cards, often called serigraphs, which are sold in handcraft centers, bookshops, gift boutiques, county fairs and stationery stores across the country. The fact that similar small, silk-screened prints sell at galleries for $100 and more makes them the art bargain of the decade.

"A small, original, silk-screen print by a contemporary artist of some renown could fetch a minimum of $100 by a reputable gallery," confirms Gabor Peterdi, professor of printmaking at the School of Art at Yale University. Since original silk-screened cards are still available for 75¢ to $2.50, this can be an exciting new art market to explore. Uncovering these small treasures may take a bit of poking past pet calendars and souvenir ashtrays, but the search can be the beginning of a collection that could also prove to be a good investment.

Intensity, brilliance, depth

It's actually quite easy to spot the silk-screened cards among the mass produced commercial ones in your local card shop. Look for cards with the boldest, most graphic and strongly defined designs. Since the design is reproduced in paint rather than commercial ink, the color will have the intensity, brilliance and depth of original artwork. Run your fingers lightly over the surface and you'll detect a slight unevenness of texture and design. If you think you've found one, turn the card over to see if it's marked "hand-print," "serigraph," "silk-screened," or "hand-screened." Almost all silk-screen studio and workshop cards carry such a mark.

Most of the cards reflect the regions in which they are created: Maine boathouses at dawn, Vermont woods in winter moonlight, Connecticut marsh grass in autumn, California sailboats in Big Sur sunshine. And because they are originals, no two will be exactly alike.

These prints are the work of a dedicated group of small workshops and studios that are carrying on a modern version of the ancient and precise craft of stenciling. The studios are "Mom and Pop" operations in the true sense, usually a husband and wife team, with a neighbor coming in to help out from time to time. These artisans prepare the original design, knife-cut the stencil, mix the paints, construct the screens, and print, fold, pack and ship the cards.

Jan and Jim Roy, young printmakers from East Lebanon, Maine, often load their van with packaged cards to sell at craft shows and fairs. "It's good to talk to people and spread the word about silk-screening," says Jan. "When a customer picks up a card, we explain why it's an original piece of art—everything has been done by hand by the artist, from mixing the paints, cutting the stencil, to hand-pressing the final print."

Silk-screening has long been a respected art in Britain and the Orient, but only came to life in this country in the late 1940s. Tiring of the black and white of traditional printmaking, many artists experimented with vibrant colors in a stencil technique. The results appealed to homeowners who were decorating their rooms with warm, cheerful colors. The Pop and Op graphics of the late 1950s and 1960s, especially the experimental work done by Andy Warhol and Robert Rauschenberg, gave an extra impetus to silk-screening.

The technique is a refinement of the stencil process. First, the card's design is hand-cut from non-porous material and adhered to a screen. The screen itself is made of silk, polyester, nylon, cotton or linen and stretched on a wooden or metal frame. The paint is then forced through the screen by a rubber squeegee onto paper placed directly underneath. Finally, the card is hung on a rack until the paint dries. Additional colors are then applied, each requiring a separate stencil screen. Margins must be kept clean and precise. This is the mark of good craftsmanship.

"We've found that young people and collectors love these cards," *(continued)*



The handsome dentil molding and broken pediment top on the china provide Old World character that in harmony with 20th Century decors. And each glass door is composed of thirteen pieces of glass — symbolic of the original thirteen colonies.

Notice the elegantly carved cabriole leg design on the huntboard and chairs. It's another example of how that masterful Thomasville touch has captured a popular 18th Century American look.

The early colonists added decorative touches to chests with handwrought brass mounts and drawer pulls. The mounts, shown here,

are authentic reproductions, recreated by Thomasville specifically for the Collector's Cherry line.

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Collector's Cherry, available for dining rooms, living rooms, and bedrooms, is just one of the memorable Thomasville looks.



For the name of the Collector's Cherry retailer nearest you, call, toll-free, 1-800-447-4700. (In Illinois, call 1-800-322-4400.)

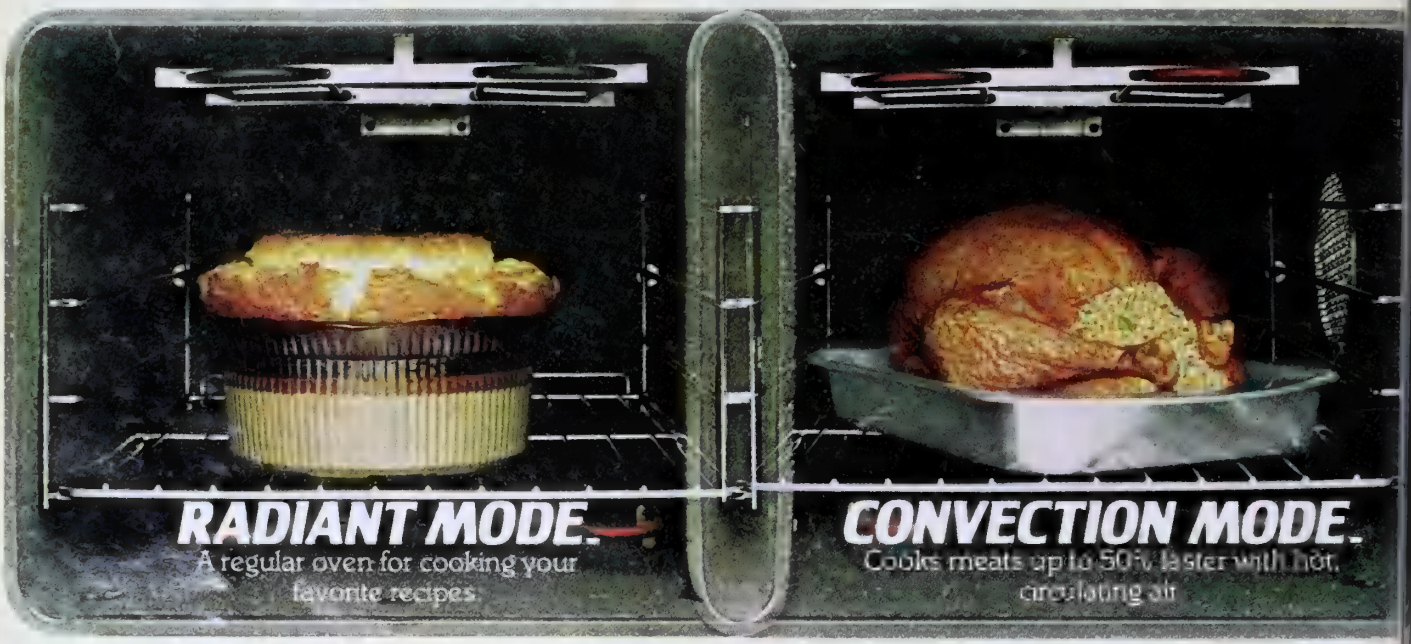
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The result is the Jenn-Air Dual Use Convection Oven.

And it's unlike any oven you've ever seen before. On one hand, it's a normal radiant oven. So you can cook your favorite recipes the way you always have.

But flip its switch and suddenly it transforms into something completely different: a professional style convection oven. An oven that employs hot, circulating air to cook the most tender, juicy meats and roasts you've ever tasted. And it cooks them up to 50% faster than your old oven.



The versatility this combined system affords you in preparing meals is unmatched by any other single oven in the world.

If you'd like more information on the Dual Use Oven, or any of the extraordinary cooking equipment from Jenn-Air, we suggest a visit to your local Jenn-Air dealer. You'll find him listed in the Yellow Pages. Or write to Jenn-Air, 3035 Shadeland Ave., Indianapolis, Ind. 46226.

JENN-AIR. THE FINEST COOKING SYSTEM EVER CREATED.

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ORIGINAL ART AT AFFORDABLE PRICES

continued

says Margaret Neil, who, with her husband, Robert, converted a small cottage in the backyard of her home in Newtown, Connecticut, into a studio. "A serigraph seems to establish a special relationship between the buyer and the person who has actually made the print."

Not surprisingly, many people proudly display their collections of silk-screened cards. Margaret Neil often double mats her favorite cards, choosing a color from the design for the inside mat. For framing, she suggests the simple metal frames available in all sizes in art stores and photography shops. If you wish, you can select cards with a common theme, mount them on mat boards and frame them as a single work of art.

Seeing these small crews of devoted printmakers experiment and develop their art certainly contributes to the fun of buying and collecting silk-screened cards. Fortunately, most silk-screeners seem determined to limit the quantities of their art and still keep the price within everyone's reach.

"We are artisans"

"We could become sitdown bosses by using other, more commercial, large-scale production techniques," says Betty Collins, who for 30 years has pulled prints with her painter husband, John, in their Whitestone, New York, studio. "But we enjoy mixing paints, cutting screens and seeing our clothes spattered with splashes of exotic colors. Like the others working in this field, we are artisans, and we intend to remain so."

The following are two books that will tell you more about printmaking and silk-screening: *A Guide to the Collecting and Care of Original Prints*, by Carl Zigrosser and Christa M. Gachde (Crown Publishers, New York); and *Fine Prints—Collecting, Buying, and Selling*, by Cecile Shapiro and Lauris Mason (Harper & Row, New York). **End**

A SUMMARY OF LOVE

By Lucille Gripp Maharry

All of these things have
Fallen by the way:
Long walks at twilight,
Promises in May,
Dialogue and firelight,
A summary of day.

Now there are only
Warmth of kitchen walls,
Book-lined shelves and clutter,
Friends and casual calls,
Winds which cry at midnight
Down winter's icy halls.



Find out how you can get this $150 value Swiss-made Quartz watch... FREE!

Five minutes is all it will take for you to convince yourself that Bernina is the finest sewing machine you can buy. You'll learn about Bernina's fabulous electronic control and exclusive Self-Adjusting tension. You'll see how Swiss quality and precision work to create sewing excellence.



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PERFUME: THE ULTIMATE ACCESSORY

IT'S A WOMAN'S SILENT SIGNATURE—ALLURING AND INTENSELY PERSONAL. BUT PERFUME HAS A PUBLIC SIDE, TOO, AND A HISTORY THAT'S FILLED WITH INTRIGUE AND ROMANCE. BY MARIA BADEAUX

The next time you casually dab your wrist with a little perfume, remember that you are part of a long and fascinating tradition.

After all, when the Queen of Sheba stole into King Solomon's tent on a pitch-black desert night, he recognized her by the heady smell of her favorite musk oil. When Cleopatra first met Antony, she made sure that the candle-lit room was thickly carpeted with sweet-smelling rose petals.

In those days, perfumes caused as much trouble as oil does today. Frankincense and myrrh traveled in guarded caravans, and perfumes had a great impact on the economic situation of many influential countries.

Small wonder. Perfume wasn't just a cosmetic then, but was often thought to have mysterious magical powers. The Persians believed scents not only enhanced personal beauty, but prolonged life. The Chinese slept in scented sheets to induce better dreams, and in Italy, scents were touted as miraculous aphrodisiacs.

There were other reasons for the prominent place of perfumes in many European courts. People didn't bathe very often and scents were used heavily to mask other unpleasant odors.

Louis XIV of France even went so far as to insist that a different scent be worn each day in court. During the reign of Henry VIII of England, the floral fumes were so overpowering that the king sometimes fainted.

Napoleon also was a great believer in using vast quantities of fragrances. The little general went through an astounding 60 bottles of lavender-water each month, and his wife, Josephine, introduced the use of perfumed soap.

Unfortunately, her choice in scents ultimately contributed to her downfall. Napoleon couldn't stand the heavy musk she used—a factor that is believed to have played a part in their divorce.

Today, there's some evidence that aromas play an equally important role in the relations between men and women. A recent survey sponsored by the Fragrance Foundation in New York showed that 72 percent of the survey participants thought smells greatly affected their daily relationships and activities.



Annette Green of the Foundation believes that fragrances will increase in importance over the next decade. "Both men and women will have even more of a personal involvement with fragrance and the smelling pleasures it brings," she says.

Adding to this interest is the ever growing number of perfumes available. Since flower oils were first distilled, perfumers have been working to duplicate and perfect the exciting aromas of nature. Thankfully, there are now many more subtle fragrances than in the days of Napoleon or Henry VIII.

Today, Grasse in the Alpes-Maritimes of France is the perfume capital of the world. Thousands of flowers—hyacinths, tuberoses, violets and night-blooming jasmines—grow in profusion around the small French town. And no sooner have they bloomed than they are picked and stripped of their oils for perfumes.

Enfleurage is the French term for the ancient and tedious method of extracting a flower's scent. To obtain just one pound of pure rose or jasmine oil, 300 pounds (or two and a half million flowers) must be macerated in purified cold lard. It's hardly surprising that the going price for jasmine absolute is $2,000 a pound, or $3,000 a pound for rose oil.

All perfumes used to be created by laborious techniques like these. But the development of synthetics has revolutionized the perfume industry. They make it possible to create modern woody smells and to reproduce flower smells of gardenias or lilies of the valley.

The modern perfumer puts a scent together with the help of a "perfume organ," a desk holding hundreds of tiny sniffing bottles from which he selects the raw materials. "The fragrance formula is created on paper with a memory of odors," explains Green. "It is this odor memory that makes the great perfumer."

The field also takes a great deal of patience. Diane Von Fürstenberg's perfume, Tatiana, a perfect blend of jasmine and gardenia, took a million dollars and over a year to develop. "You can't keep sniffing the scent you are working on day after day," says Green. "The nose is much too sensitive." Often a perfumer will put a scent aside for a couple of months before returning to it for a final test.

Of course, even after a perfume is perfected and marketed, it is the consumer who determines how it is used and how effective it will be. Perfumes will smell differently on different people and at different times of the day and night. To get the most out of perfume, it should be sprayed at key points on your body—on your hair, the nape of your neck, behind your knees, at the hem of your skirt.

You also can learn to layer scent. Start the day with scented soap or bath oil. Follow with the same fragrance in powder or body lotion. Splash toilet water in the morning, then switch to perfume at night. It's also a good idea to reapply scents from time to time, just as you touch up lipstick.

To stretch your fragrance dollar, shop carefully and don't try to choose from more than three scents at a time. You also should walk away from the perfume counter and wait for about half an hour before making a decision to buy. That way you can tell how the perfume's base interacts with your skin chemistry. And if you don't like what you smell, try again . . . and again.

"There can never be too many fragrances," Green believes. "Just as there can never be too many colors." **End**

Illustration by Kit Douglas



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Enjoy the exotic Italian flavor of this delicious 5-minute side dish—Noodle Roni Parmesano! Tenderthin egg noodles, a blend of Parmesan and Romano cheeses, seasonings and herbs. Noodle Roni Parmesano—a bit of old Italy. From Golden Grain, the makers of Rice-A-Roni.



ENJOY THESE OTHER NOODLE RONI SIDE DISHES—STROGANOFF AND ROMANOFF

SUPPLE SUEDE AND LONG-LASTING LEATHER

Your classy leather boots and suede handbag require tender loving care if you want them to maintain their good looks through the winter. Here's how to do it. By Edythe Cudlipp

Few materials feel or look quite as elegant as leather and suede—and few can be as exasperating.

Have you ever felt like screaming when your elegant leather purse fell apart under the strain of its daily load? Or appalled when your $100 suede boots started spotting from the rain?

The difficulty with these materials is keeping them as unstained, unspotted and pliable as they were in the store. But it *is* possible, if you learn a few easy rules about leather and suede care. After all, at current prices it pays to keep handbags, gloves, jackets and other leather goods in top condition.

The first obvious rule of leather care is to know the kind of material you want. Since there are many different kinds of leather—cowhide, calfskin, lamb, sheepskin and others—when you buy an object you should learn the kind of attention it will need and the kind of leather care products to use on it.

You'll generally find suede a bit more fragile than leather, which isn't too surprising. Leather is the outside or hair side of a hide or skin, while suede is the inside of the skin, tanned to a fine, velvety nap.

Much also depends on the quality of the leather or suede you buy. A skin that is tanned properly will be supple and durable. The right stitching and construction techniques will help keep objects from falling apart or tearing.

Otherwise, much does depend on your treatment of the material. Here are some tips:

• It may sound simplistic, but don't overstuff leather bags or wallets. You can stretch the leather out of shape and wear through the stitching.

• Do not brush or rub suede too much, as it has a natural tendency to shed suede dust and fibers. Unfortunately, the nap of all suede eventually rubs off, but with gentle handling the process can be delayed.

• Both leather and suede goods need air to keep from drying out, so don't wrap them in plastic bags or other im permeable materials. If you want to pro tect these objects, use fabric garmen bags or tissue.

• Remember that light and air mak leather, and especially suede, chang color. This is called oxidation—a natur process that can be retarded if you kee suede stored in a dark place or keep in cloth garment bags.

• Keep grained leather and suec separate in storage, as the color of th suede will bleed onto other pieces.

• Never let suede or leather rema damp or wet as it will mildew. A dan cellar or garage will be just as damagi as a hot attic, so they are not goo places to store luggage, golf bags other leather objects.

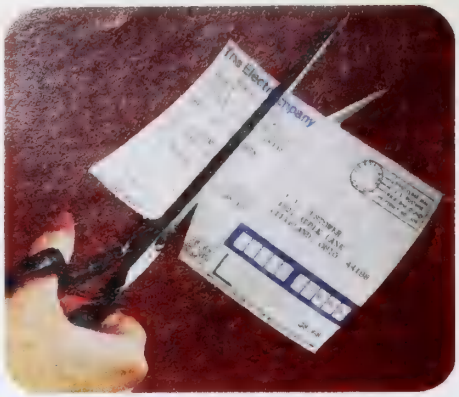
• Protect leather goods from wate Grained leather is less easily damage than suede, but is not waterproof. U silicone sprays and other products o darker grain hides to make them mo water resistant, but be careful wi lighter leathers because they discol easily. Read instructions carefully, an first test the spray on a place where won't show. Note, too, that mink an other oils can increase water resistanc though they may stain your clothing.

• If leather does get wet, keep away from a direct source of heat th will dry it out. Hang a garment on wide-shouldered hanger and put it in airy place where it will dry natural Stuff shoes, boots and handbags wi rags, and smooth gloves into shape or cotton terry towel.

• If suede gets wet, rub it gent after it has dried. Use a cotton ter towel, a suede sponge or a suede bru to bring the nap up. You can also u these tools very lightly to clean suede

• Use saddle soap to clean leath but remember that soap will darken t material. For that reason, *(continue*


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SUPPLE SUEDE AND LONG-LASTING LEATHER

continued

it's a good idea to clean matching accessories at the same time. You also can wipe leather off with a solution of warm water and a mild hand soap, if you are careful not to soak the leather. Special leather preparations can be purchased, too, but buy a kind that matches your leather.

- When leather has dried after a cleaning, dust it with talcum powder which makes it more water resistant.

- During the winter, you can remove salt stains on grain leather with a solution of white vinegar and water.

- To keep suede jackets or dresses free of unsightly hair or skin oil stains, consider wearing a silk scarf around your neck. To remove these stains, use fine grained sandpaper or the fine side of an emery board. For bigger problems, take your suede to a dry cleaner that specializes in this area.

- Remember that once leathers and suedes have been dry-cleaned, you won't be able to wash them by hand successfully anymore.

- One type of leather that you can't clean or polish is snakeskin. The scales are too fragile, and you will have to rely on the protective finish applied by the tanner or manufacturer.

Those are some of the basics. With proper care, you'll find that leather and suede do last a long time. After years of enjoyment, you'll see that the initial expense was well worth the pleasure. **End**

POET TO HIS RELUCTANT LOVE IN TIME OF NATIONAL EMERGENCY

By Will Stanton

Might I suggest we love without delay—
That present joy is worth a later sorrow?
Sure, if we taste forbidden fruits today
The pain will come, but not until
tomorrow
Love lightly then my sweet,
and in your prime.
For love's a lad who smiles at rhyme
and reason.
And nectar's cheap as dust in nectar time.
But cabbages are dear when out of season.
And he who walks where maid and man
have lain
Finds nothing sacred, nothing that endears.
Finds only withered grass in later years.
Anachronistic hearts must beat in vain
As icicles consume themselves in tears
And beach umbrellas weep in autumn's
rain.



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HOME OF THE FUTURE

Imagine a refrigerator that can call the repair service itself—*before* it breaks down. This is just one of the many "high tech" possibilities we can expect by the year 2000. By Ray Smith

"Hello, it's me," Sue Brown says to the doorway of her house. Her plastic computer card has already let her in the gate. Sensors recognize her voice and the door to her home automatically unlocks. She steps inside, and as she moves from room to room, the lights go on and off.

Sue peers into her microwave oven and sees that the roast is doing nicely. Since she was delayed, she had telephoned new instructions to her oven so that everything would be reset for an hour later. With the same phone call, she had directed the temperature regulation system in her home to step itself up a half hour before her arrival. Her coffee is ready.

A glance at the screen of her home computer reveals a message that Sue's husband will be late as well. Also on the screen is a note from her mother who lives 60 miles away. Sue pushes the facsimile button and reads a paper copy of the note while she sips her coffee.

To help her relax, she presses a button on her video equipment and a wall-sized screen flashes to life showing an ever-changing vista of mountains and seascapes accompanied by stereo music. Sue could have had a choice of 100 television stations' programs from overseas via satellite, projected paintings from the Louvre, a video disc of her favorite recording star, or almost anything.

No, this isn't science fiction. This and much more will be possible by or before the year 2000, experts say.

The biggest change will be the prevalence of the home computer. By the turn of the century, home computers—which cost over $1,000 today—may be as common as telephones.

"We are on the threshold of having a fundamental change take place in our lives because of the computer," predicts futurist Dr. Leon Martel. Dr. Martel is executive vice president of the Hudson



Institute, a prestigious, nonprofit think tank near New York City, and also one of the authors of the recent book, *The Next 200 Years* (William Morrow).

By the turn of the century, a great many Americans will be using their home computers to shop, balance their budgets, do their banking and income taxes, send electronic letters, control the temperature of their homes and as fire and burglar alarms.

"Many people will be able to work from their homes, communicating by computer," says Martel. For instance, a secretary could take dictation over the phone, write a letter electronically and send it out from her own terminal.

The electronic additions to our homes aren't going to be confined to one room. "These new devices will be placed throughout the house," Martel predicts. "Your computer will allow you to program your cooking, keep recipes on file, tell you which foods go with which wines and, possibly, even where the ingredients for your gourmet dish can be purchased and the comparative prices in your neighborhood."

Your electronic equipment will not only help you with chores—it will also be a delightful source of entertainment, news and knowledge. There will be hundreds of American video stations. Satellites will receive broadcasts from large overseas stations that will be instantaneously translated into English.

"There will be so much to see that your set will become a TV guide," Martel says. By hitting a button you will be able to watch foreign, local or financial news, Russian ballet, situation comedy—the list is endless.

Your computer will give you access to the local library, the great data banks of the world, art galleries, news wire services and stock market reports.

Video discs will provide you with the best in stereo music as well as images of the musicians in concert. Video cassette recorders will allow you to tape programs and watch them at your convenience. Video games will make it possible for you to play the best chess masters in the world.

There will be a multitude of ways by which homes will be heated and cooled by then, including solar energy and super-efficient closed systems that use energy retention to heat or cool.

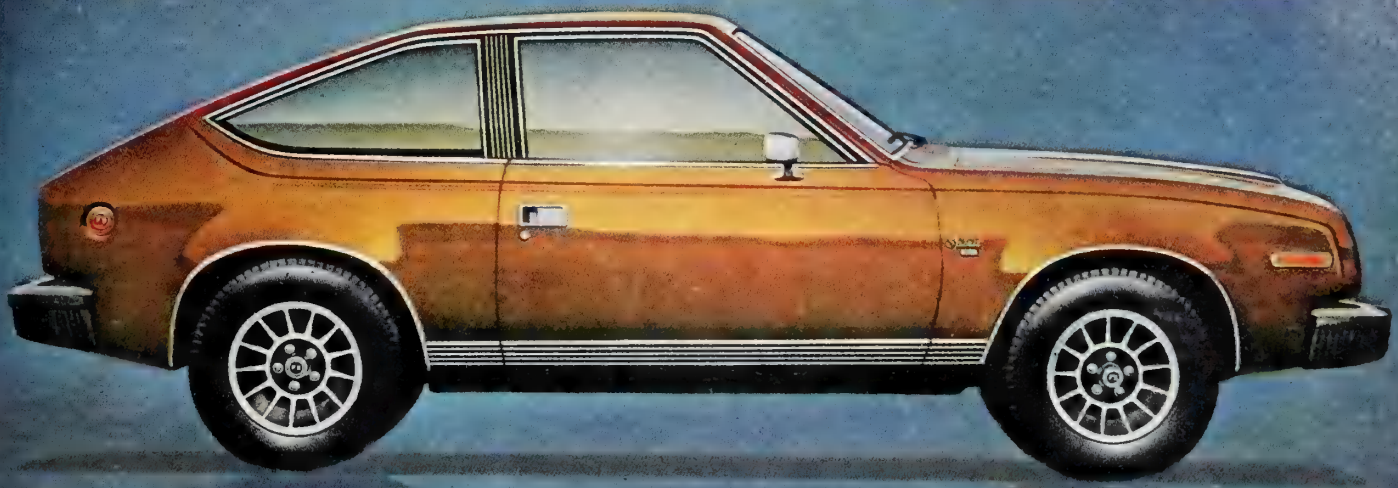
"Computerized control systems can save anywhere from ten to fifty percent of the energy used just by turning things on and off at the right time," notes Dr. William Brown, a Hudson Institute physicist and coauthor of *The Next 200 Years*.

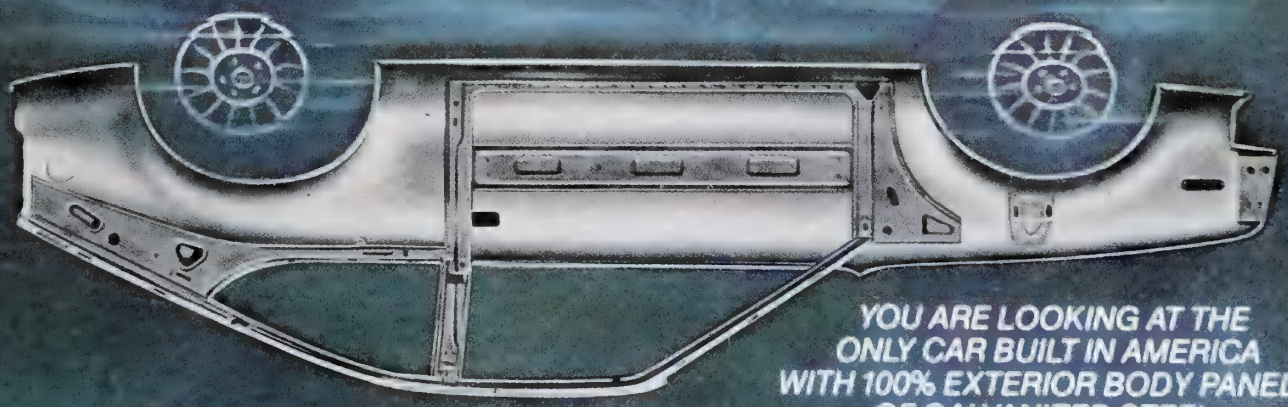
"Everything will be redesigned to conserve energy," Brown says. "Windows will be double-paned and will have reflecting surfaces to prevent energy from escaping. Insulation will be more efficient. Things like pilot lights, which are great wasters of gas, will disappear entirely. An electric spark will light your burner when you turn on your stove," he says.

Because of the increased pace of life and inflation, the kitchen at the turn of the century will be much smaller, especially in apartments, predicts Richard Montmeat, industrial design manager for General Electric's major appliances. Montmeat thinks we will cook mostly high quality, frozen, fabricated food products. Instead of purchasing a whole chicken, we will buy packaged chicken in convenient, easy-to-store sizes, he says.

"Because of trends like this, refrigerators and other appliances will change. You won't have to store bulky food. Refrigerators will be compartmentalized to provide a variety of temperatures and humidities for *(continued on P.S. 30)*

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Cheese: The All-Natural Indulgence

HARDLY A NICER HOSTESS GIFT EXISTS THAN A WEDGE OF RIPENED CHEESE—NOR WILL YOU FIND A MORE ELEGANT FINISH FOR HOLIDAY GATHERINGS. HERE, SOME POINTERS TO HELP YOU SELECT THE BEST.
BY BERT GREENE

Bert Greene, a well-known figure in the world of food, is the author of *The Store Cookbook* (Henry Regnery Co., Chicago) and, also, *Bert Greene's Kitchen Bouquets* (Contemporary Books, Chicago).

Cheese has had a checkered career in terms of the American palate.

Speaking for myself, I grew up on the notion that all cheese came in one texture—*rubbery*—and two colors—orange and yellow. Raised on grilled American cheese sandwiches and slippery loops of macaroni laced together in a sauce the color of sunset on a prairie, I thought of cheese on a par with olives and anchovies—viands nobody considered eating, unless the cupboard was bare.

I know that I never tasted Brie or Camembert cheese until I was fully 25. And my first nibble, I must admit, was less than a habit-forming sensation. But appetites (mine and those of my fellow citizens, as well) have happily matured since those dark days. Today, American shoppers have become so culinarily attuned that wheels and precut wedges of those classic French cheeses which were formerly considered a prerogative of the rich are now available at supermarkets all over the country.

Unlike other gastronomic indulgences (such as truffles, foie gras and vintage wine), cheese is a natural food, not a glittering excess. Cheese is quite literally milk, a prime source of Vitamin D, that has been encouraged to solidify by curdling, heating and, most important of all from the standpoint of flavor, aging.

There are over 5,000 varieties of cheese logged at the present time—from any part of the globe you can mention—but only four basic types into which they all fall: *soft*, *semisoft*, *firm* and *hard*.

The tale of soft cheese's origin (though highly specious) concerns an Arab merchant who stopped for lunch after traversing the Sahara a thousand years ago. Pouring some milk he had stashed away in a sheepskin flask, he discovered (to gastronomy's eternal obligation) that the contents had turned into an odd but not unpleasant pottage. Rather like curds and whey.

With hindsight, we know that rennin (an enzyme found in a sheep's stomach) transformed the Arab's lunch into a prototype of the creamy fodder most of us spoon up in the nursery: Cream, Cottage, Pot and Farmer cheeses.

Italy's Ricotta is a prime example of this unripened, white country cheese, as is Germany's Glumse and France's clotted Fromage Blanc, but then the list is endless. These simple, bland cheeses are made by allowing a quantity of milk to separate and form curds, which in turn are drained, salted, whipped or compressed, as the tradition decrees.

In the tenth century, some inventive dairyman began treating milk curds with vegetable acids found in grasses and flowers, to give them more zest. Flavored curds were pressed free of moisture or combed to change their texture. Result: *firm* ripened cheeses.

Some firm cheeses were then fermented (by adding bread crumbs) and matured in damp places. Cave-ripe Bleu, Gorgonzola, Roquefort and Stilton are the issue of those early labors. Others were slowly cooled in the high mountain areas of Switzerland. Emmenthal and Gruyère are the most famous Swiss cheeses, but there are over two dozen entirely disparate varieties produced there.

Hard cheeses, like Parmesan, Romano and Asiago, are made in essentially the same way as their firm Swiss cousins but simply aged longer. It takes 20 years to produce a vintage Parmesan, according to the lore of Reggio Emilia cheesemakers, where the best of these hard cheeses is produced; but the wait is well worth the effort.

Milk finally took its "leap toward immortality" when *semisoft* cheeses were developed in the monasteries of France during the Middle Ages. From Trappists in Normandy came such non-liturgical delights as Port Salut, Doux de Montagne and Reblochon, plus an entire bequest of double-crusted inventory bearing holy names: St. Paulin, St. Florentine, St. Benoit and St. Nectaire. All these cheeses are capable of conferring divinity to a simple loaf of crusty bread.

How does a cheese buyer know when a slice is ripe? By various sensory perceptions—none of which require any expertise aside from a keen eye, a sensitive nose and an unprejudiced tongue. Soft cheeses do not have an appreciable odor unless they are moldy, but color gives away their age. The freshest are white or ivory-shaded. Yellowed cheese usually implies an overlong shelf stay. Semisoft cheeses should always be tasted because they yield their bouquet on the palate rather than the nose. They may be tested for ripeness by pressing a small bit of the cheese against the back of the mouth with the tongue. A sharp aftertaste is not desirable.

Zesty cheeses, however, should always be tasted with the tip of the tongue alone. The only way to judge a hard cheese is by eye; prime Parmesan is always straw-colored. If the cheese is silvery white, it is usually underaged.

Cheese and wine are thought to be unbeatable table companions, but this is not always the case. A cheese with a robust aroma, for example, can often overwhelm a delicate wine. The French have a good maxim to remember: The more body to the wine, the more flavor to the cheese.

I can think of no better way to dispel the longueurs that set in after a long holiday party than a bounteous cheese board. For a good mix, include at least two semisoft cheeses (Brie, Gourmandise, Boursin) as well as a wedge of a blue-veined cheese (Roquefort, Bleu de Bresse or Pipo Creme) and one firm, scraping cheese (Jarlsberg, Provolone or fontina D'Aosta). Make sure there is enough cut bread and crackers for all. Also, a little crock of sweet butter will please true cheese lovers.

Some of the best cheese stores to be found across the United States are small specialty shops, which are *(continued)*

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- Houston: This, unfortunately, is for the personal shoppers only: Cheese Market of Houston (12850 Memorial Drive, Houston, Texas 77024); Jamail Bros. Food Market (2110 South Shepherd Dr., Houston, Texas 77019).
- Los Angeles: The Cheese Shop (Farmer's Market, Third and Fairfax Ave., Los Angeles, California 90036). La Fromagerie (419 North Beverly Dr., Beverly Hills, California 90210).
- New York City: Fay and Allen's Food Works (1241 Third Ave., New York, New York 10021). Personal shoppers only: Balducci's (424 Avenue of the Americas, New York, New York 10011); Dean & Deluca (121 Prince St., New York, New York 10012); The Cheese Shop (161 East 22nd St., New York, New York 10010).
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- Washington, D.C.: Cheese and Wine Cellar (Montgomery Mall, Bethesda, Maryland 20034). Wine and Cheese Shop (1413 Wisconsin Ave. N.W., Washington, D.C. 20007). **End**

HOME OF THE FUTURE

continued from P.S. 26

different foods. A bell or a light will warn you when the shelf life of a food is ending.

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However, men and women will still be able to create the occasional gourmet meal at home. For that, says Montmeat, a kitchen stage will fold out of the wall containing all the griddles, grills and burners needed to cook crepes, sauces and other complex culinary delights.

Montmeat stresses that the fabricated food products we will eat for most of our meals will be tasty and easy to prepare. We will also eat more self-contained meals like pizzas, and foods that come on a bun or in bread enclosures, he says.

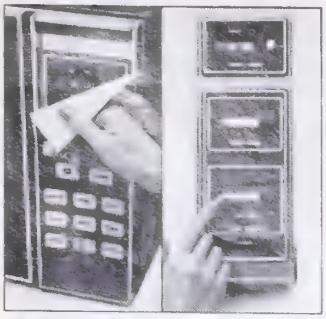
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The Social Abusers

Husbands & Wives Who Undercut Each Other in Public



GUESS WHO'S COMING TO THE PARTY? THE COUPLE WHO FIGHT THEIR PRIVATE BATTLES IN FRONT OF OTHERS. WHAT SHOULD YOU DO IF THEY ARE YOUR FRIENDS? WHAT SHOULD YOU DO IF IT'S YOU?

BY SALLY WENDKOS OLDS

The Whedons have done it again. Thrown one of the most successful bashes of the holiday season. There's a pleasantly giddy crowd clustered around the eggnog bowl. At the other end of the garland-strewn living room, couples stop to exchange kisses under the mistletoe before heading for the hot canapés and other delectables spread out on the buffet table.

The scene is reminiscent of parties we've all been to—and may well go to this season. And as at most gatherings, beneath the gay, glittery surface, there's more going on here than meets the eye.

What exactly do we mean? Join us as we wander through this festive gala, eavesdropping on conversations some of the guests are having. We suspect that you'll immediately recognize what we're talking about:

- Herb Gordon, a good-looking advertising executive, is seated on the white sofa with Don, his old college roommate and successful lawyer-about-town. A striking, statuesque woman in a lipstick-red jumpsuit makes her way back from the buffet table to join them. She is Alison, Herb's wife. As she lowers herself onto the plush sofa carefully balancing her dinner plate, Herb looks in her direction. Glancing at the tiny second helping of fettucini Alfredo she has permitted herself, Herb says witheringly, *"You really need that, don't you?"* Alison deposits her plate on the coffee table, the noodles untouched.
- By the piano, two couples, drinks in hand, chat with animation. Rita Freedman congratulates her friend Betsy Whelan who has just landed a prize spot as talk-show hostess on a local television station. "There's no one who does an interview better than you do," says Rita with admiration. Walt, her husband, interrupts and turns to Betsy's husband. *"Cal, it must be great to have a wife who knows how to* earn *money,"* says Walt. *"All Rita knows how to do is* spend *it."* The color leaves Rita's face.
- Marcy and Ted Simmons thread their way through the crowd, kissing, shaking hands and saying good night to the other guests. They reach Polly Whedon by her wreath-festooned front door and apologize for leaving early. "We hate to go, says Ted, "but we promised the baby-sitter. Where are our coats?" Polly answers, "They're up in the bedroom." And then in a conspiratorial whisper adds, "You'll see our new water bed there. But don't take too long or we'll know what you're up to." With a brittle laugh, Marcy replies, *"Ted wouldn't know what to do if it came with a set of instructions."* Ted turns wordlessly and goes upstairs.

No violence. No visible injuries. No gaping wounds. But painful just the same, as the actors in these vignettes attack their partners publicly.

In some sense we have all been to the Whedons' party. We have all been witnesses to and possibly participants in scenes such as these. Why do they occur? Why do people wait until they're in public to act out private dramas? Why do they take such damaging aim at the one person to whom they're presumably the closest, their spouse? When we know the people involved personally and are familiar with their personalities and histories, we can often reconstruct the causes of their verbal savagery.

Behind the Swipes

In the first vignette, for example, why does Herb make such a cutting comment about Alison's second helping of fettucini? The explanation is obvious to Herb's friend, Don. He knows that it's important to Herb to be married to the kind of woman who draws admiring glances from other men. He remembers how hard Herb had wooed Alison when they were in college and she was the reigning campus queen. Two children and ten years later, she is still remarkably lovely, even though she's gained a few pounds. Alison fights a constant battle to keep her weight down, more for her husband's sake than her own.

Herb is one of those men who, according to New York psychotherapist Dr. Tilla Vahanian, sees a beautiful wife as a status symbol, just as he would a fancy car or an expensive house. *(continued)*

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The Social Abusers

continued

Should a woman married to such a man lose her looks, her value as a status symbol declines. "This may leave the husband feeling vulnerable and unimportant," says Dr. Vahanian, "because he derives his self-esteem not from himself, but from the status symbols with which he surrounds himself."

As for the characters in our second vignette, why does Walt Freedman accuse his wife Rita of being a spendthrift? Rita is not the sort of woman who runs up big bills at posh clothing stores. The bills she incurs are for her college tuition. Several years ago she decided to return to school for a degree in journalism. Walt had been less than enthusiastic. "What do you need to go back to school for?" he had said. "I never went to college and I'm doing just fine. Doesn't my job bring in enough money for whatever you want?"

Walt, who had begrudgingly financed her schooling, is caught in a maelstrom of feelings. In a way he is pleased that Rita has summoned the courage to stand up to him, but, in part, he is also angry that she hasn't respected his wishes. He is anxious, too, about the changes a new career might bring in their marriage.

Neither one has dealt with the conflicts created by Rita's career plans. Rita has steered clear of the subject in their conversations. Walt has communicated indirectly, by taking swipes at her in public.

"A husband who feels rejected because his wife's focus has shifted somewhat to her career may not admit such feelings even to himself," says Dr. Frederick Humphrey, professor at the University of Connecticut and past president of the American Association for Marriage and Family Therapy. "The husband may feel too embarrassed to say that he's angry because his wife no longer has time to fold his laundry. Instead his anger smolders until it erupts in another form."

Safety in numbers

In our third sketch, the tensions run even deeper than Marcy's and Ted's friends suspect. When Marcy publicly chides Ted for his lack of sexual prowess, it is because she is desperately frightened and unhappy. Marcy is a lonely, battered wife. Not only does Ted no longer make love to her, he, as Marcy has discovered, has a mistress. Marcy knows that if she confronts Ted with this fact, she runs the risk of incurring a brutal beating at his hands. Afraid to confide in her friends, afraid to ask for professional help, Marcy releases her feelings by taking pokes at Ted in public. This is an instance where the "social abuser" is not so much aggressor as victim.

Victimized women often wait for the safety of a party, country club or restaurant to let out their anger, says psychologist Lenore E. Walker, the author of *The Battered Woman*, a major study on wife abuse. Although such women recognize that their words will lead to further abuse, they seem compelled, says the psychologist, to express their feelings when the presence of others will temporarily inhibit their husbands' brutality.

Even when there is no threat of physical injury, both husbands and wives often feel they are safer expressing their anger in public, according to psychologist Gerhard Neubeck, a professor at the University of Minnesota and also former president of the National Council on Family Relations. "They say things that they would never dare to say in private," he points out, "because they know that the presence of other people will keep their partners from coming back with some evil retort."

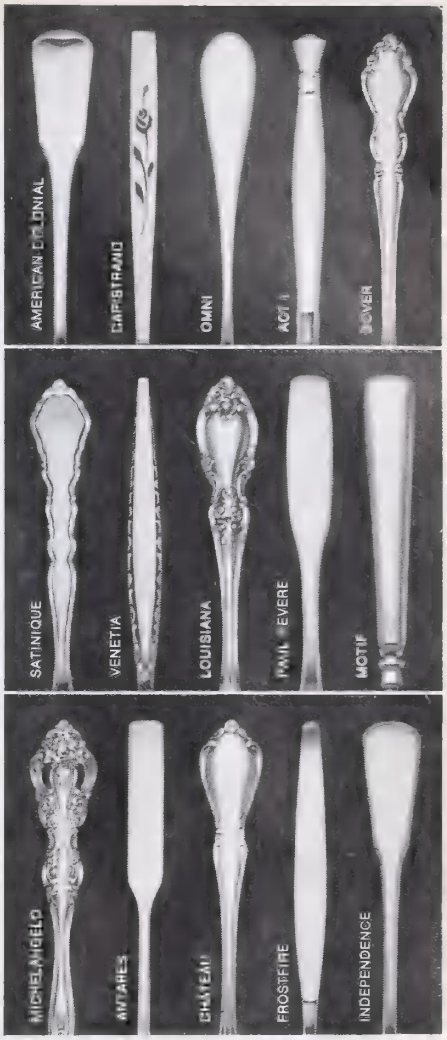
The silent treatment

In each of our three cases, the putdowns are blatant. But overt verbal attacks are not the only way husbands and wives undermine each other in public. Some engage in subtler, yet equally as humiliating methods. We've all seen examples of the man who always "forgets" to introduce his wife, the woman who flirts outrageously with other men in front of her husband, the husband who excludes his wife from conversations, or the wife who maintains a stony silence in the company of her husband's friends. The variations are infinite. So are the underlying reasons for them.

Some of those causes became apparent as we examined the behavior of the couples at the Whedons' party. What other factors provoke marriage partners to undercut each other in public? A major cause is emotional insecurity, which leads one spouse to bolster his or her self-esteem at the expense of the other. Take the case of Cal Whelan, the husband of Betsy, the successful talk show hostess whom we met in our second scenario. Eventually, the congratulations Betsy received got the best of Cal. Later in the evening when a friend came by and observed, "Wasn't that a great interview Betsy did with the mayor?" Cal replied testily, "I wouldn't know. I never watch the stuff." Clearly Cal's remarks say more about his own emotional needs than his TV viewing preferences. As he demeans Betsy and her show, he illustrates to those around him his disappointment in his own professional achievements.

"People who feel threatened by their partner's successes often gain an illusionary sense of superiority by putting them down this way," says Dr. Vahanian. "Of course, they usually achieve exactly the opposite effect. The more they disparage their spouse's accomplishments, the smaller and pettier they show themselves to be."

continued



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The Social Abusers

continued

Human beings are so varied and the relationships they feel comfortable with so diverse that the kind of brawling that might drive one couple to divorce might, in a perverse way, be just the cement that keeps another couple together. Take, for example, Martha and George, the vituperative twosome in the Edward Albee play, *Who's Afraid of Virginia Woolf?* George cries out, accusing Martha of humiliating him, "I cannot stand it!" Martha replies: "You *can* stand it! You married me for it!"

On the surface George and Martha may not appear to be a very loving pair. But the reason some couples fight is precisely because they are so close. Houston marriage counselor Dr. George Doherty offers an example: "When two people have an especially good sexual experience at night," says Dr. Doherty, "it's pretty predictable that they'll fight over the toast the next morning."

Fighting is a way for partners to regain a sense of individuality, says Dr. Doherty. "When a couple is very intimate, they often feel fused to each other. Disagreeing helps put a little distance between them. A husband who undercuts his wife at a party, for example, may be saying indirectly, *Let's move away fom each other for a while so that we can get together again as two separate people.*

There's obviously a difference between the kind of savage social abuse that George and Martha engage in and the considerably less vicious chiding that a basically loving couple sometimes indulges in. Both as onlookers and as participants, we sense the distinction. We look to body language, facial expression and tone of voice to tell us how serious the attack truly is.

Most of us can tolerate occasional light teasing. But what about the kind of public rudeness that is deeply hurtful, the kind that humiliates a spouse, embarrasses everyone within earshot, and leaves emotional scars on a marriage? This is true social abuse. It's impolite, it's awkward for others and it's dangerous. As an onlooker, a victim, or even as a perpetrator, how should you respond in the face of such behavior?

Should friends step in?

Suppose you were a guest at the Whedons' party? Suppose these were your friends directing verbal darts at each other in your presence? What would—and should—you do? If you're like most of us, your first impulse, in all likelihood, would be to move to the other end of the room or see if the hostess needs help in the kitchen, rather than be pulled into the middle. But these *are* your friends. And now they need you more than ever.

When you see that someone is obviously wounded, it's perfectly appropriate to speak up. You can say something like: "Have you ever thought how Rita must feel when you kid her for spending too much money?" Or, "It makes me feel terrible when you tease Alison about being overweight." You could even ask, solicitously, "Are you and Ted having a problem you'd like to talk about?"

It's unrealistic to assume that you can solve your friends' marital problems at a party, but you can let them know that you're concerned and that you're available as a listener.

Sometimes you can turn a difficult situation around casually, alleviating the embarrassment everyone is feeling. Former White House social secretary Letitia Baldrige, who recently revised *The Amy Vanderbilt Complete Book of Etiquette*, suggests meeting awkward situations head-on, with a light touch. You might smile and say to Herb, "Alison needs the energy from that fettucini to stay so charming." Or tell Walt, "Nobody could afford to pay Rita what she's really worth."

You're the offender

As difficult as it is to step into situations involving friends who are social abusers, it is as hard, and maybe harder, to cope with the problem in your own marriage. Most people who live together eventually manage to lash out at one another in public. If this happens rarely, you probably need not be concerned.

But what if you and your mate have drifted into a disturbing pattern of quarreling in public? What can you do? What if you, yourself, are the victim of a public put-down? There are several ways you can handle such embarrassing moments, say our experts.

- You can draw on your sense of humor. If, for example, your husband suggests in front of friends that you're not the world's neatest housekeeper, say something like, "You know you never had it so good—you just don't want everyone to know how well I treat you."
- You can assert yourself by insisting on being heard, or you can bluntly tell your husband that you don't like the way he's talking to you. If these tactics don't work, take the car keys and leave. "People can change destructive patterns of behavior," says Dr. Vahanian, "but they have to *do* something. You can't just sit back and hope your husband will see the error of his ways all by himself."
- Another tactic is to declare time out. As Dr. Humphrey says, "You can't expect to resolve an emotionally charged issue at a cocktail party." Instead of continuing to spar, try to salvage the evening by saying something friendly but firm, such as "Look, in a few hours we'll be home and we can finish this behind closed doors. Until then, let's call a truce."
- Whatever course you take, deal with the problem once you get home. "Battle fought exclusively in public can be deadl to a marriage," says Dr. Neubeck.
- After both of you have cooled dowr try to analyze the impetus behind th put-down. Begin by looking at your ow behavior. Is there something that went o at home that provoked your spouse t vent his anger in public? "Very often th person who looks like the villain in publi is reacting to outrageous treatment i private," says New York therapis Mildred Newman, coauthor of *How to B Your Own Best Friend*.

If you suspect that your spouse migh be reacting to something you said or di earlier, you might say something like, " wonder what you were so angry with m about?" Once you hear what is on hi mind, you can deal with his feelings. Yo may come away with a deeper unde standing of the tensions in your relation ship. Even if what starts out as a rationa talk ends up as an angry, tearful fight healing is still more likely to occur soone if you are open and direct in privat rather than if you continue to spar wit each other in public.

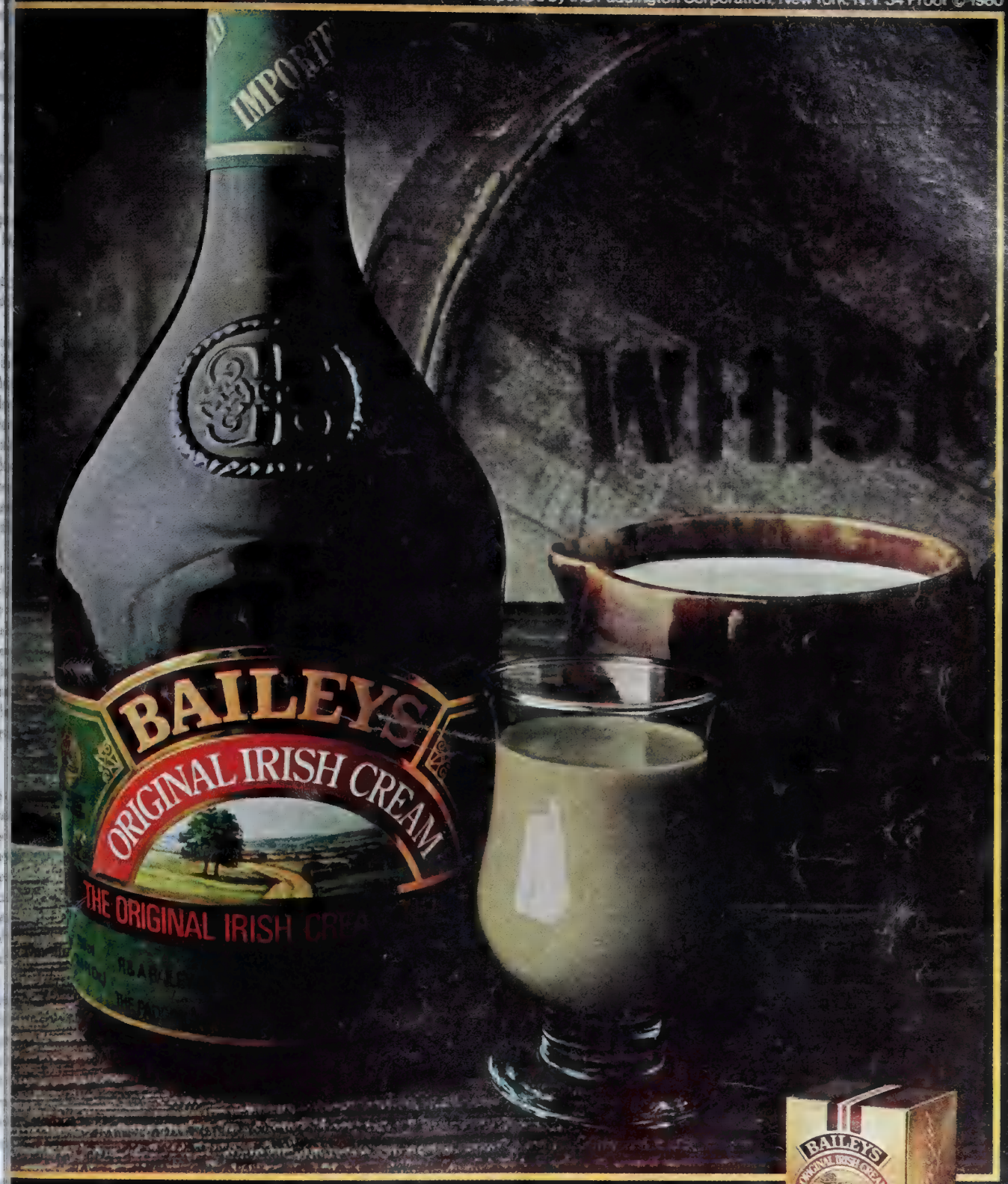
- If you and your husband cannot re solve the tensions yourselves, it may hel to speak to a close, trusted friend or to professional counselor. It's better to as for help frankly, than hope that someon will recognize the poisoned barbs as th pleas for assistance they are. An objectiv outsider sometimes can pinpoint th source of your problems and sugges some practical ways to handle them.

A consistent pattern of social abuse is signal that a marriage is in danger. It ca also be, paradoxically, an index of close ness between two people. "It's very eas to be polite to someone you don't car about," says Dr. Vahanian. "But the ca pacity to wound is always mutual. If tw people weren't deeply involved with eac other, they wouldn't bother to do suc hurtful things."

Those with whom we are intimate hav an advantage that the rest of the worl does not have. They know what is mos important to us, where we are sensitive where we are vulnerable. Their ability t hurt us is the dark underside of thei ability to comfort us. What's more, thei desire to hurt us often stems from th hurt they feel we inflict upon them.

But even in intense relationships i which anger bubbles forth, it's still possi ble to achieve a sense of harmony, say ou experts. This can happen only if couple courageously confront the reasons behin the difficulties that plague them. This ca be a painful, but productive process. On way to start is by trying to decipher th meaning behind those lethal message they send each other in public. Once understood, both partners may fin themselves getting ready for the party anticipating an evening of fun rather tha girding themselves for the battle. **End**

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Start with INSTANT MASHED POTATOES

Besides a satisfying side dish, the easy spuds can be employed...as *thickener*. Make no-lump gravies, white sauces ... add to stew casseroles for a richer taste ... create creamy smooth soups (m-m-m-mushroom). • as an *extender*. Excellent to work into ground meat (2 T./1 lb.) for burgers, meat loaves, stuffed peppers. Toss some 'taters into a batch of omelets (1 T./4 eggs) or to round out a spicy chili. • as a *coating*. Season the flakes or grains with salt, pepper. Roll fish, chicken, vegetables in egg first, then potatoes. Deep fry for a crispy finish. • as a *topping*. Combine ½-1 cup with 1-2 T. melted butter or margarine, cover casseroles before baking. • as a *stuffing*. Blend with herbs, onions etc. for turkey, Cornish hens.

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Now that the sociable season is upon us, be ready for drop-in guests with one of the easiest (most delicious) quick snacks...crisp bacon and: • Shrimp. Halve bacon slice; circle round a clean, shelled shrimp; secure with toothpick. Broil 10 minutes, turning once. • Chicken Livers. Marinate livers and water chestnuts (cut in half) in soy sauce. Wrap half slice bacon around each pair; spear with toothpick. Broil 10 minutes. • Prunes. Soak pitted prunes in Italian dressing; ring with half slice bacon; broil. • Scallops/Mushrooms. Marinate scallops in vermouth/salad oil/crushed garlic. Fill mushroom cap with scallop; wrap with bacon; broil. Squeeze on lemon juice; serve. • Breadsticks (microwave only). Twirl around skinny breadstick; "mike" for 40-80 seconds until crisp. Kids love 'em!



Photographs by Irwin Horowitz


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"WOW"...
...cause every single time it's...
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SINGLES
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100 Sweepstakes Benson & Hedges Style.



The stakes are yours to choose.

Which will you go for? Golf at St. Andrews, Scotland, where the game began? Or Mardi Gras in New Orleans, where Dixieland was born? Like to be one of the first to drive a brand new Mercury Lynx? Or the proud owner of 100 lbs. of fried doughnut holes? Maybe 100 lbs. of spicy bologna and a slicer? How about 100 British pounds sterling? Or one of our other 94 prizes?

You can even change your mind at the last minute and opt for 100 ft. of dollar bills ($200) in exchange for any prize you win.

Enter as often as you like. Just remember, enter only one sweepstakes per envelope, with the number of that sweepstakes in the lower left-hand corner.

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Lights Reg.: 11 mg "tar," 0.8 mg nicotine—
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100's Soft Pack, Reg. Box: 17 mg "tar," 1.1 mg nicotine—100's Men. Box: 16 mg. "tar," 1.1 mg nicotine av. per cigarette, FTC Report Dec. '79.





OFFICIAL RULES—NO PURCHASE REQUIRED

1. Write the number of the sweepstakes you wish to enter in the space provided on the official entry blank, or on a plain piece of 3"x 5" paper.
2. Hand-print your name, address and zip code on your entry. Include with it the bottom panels from two empty packs of Benson & Hedges 100's or Benson & Hedges Lights, Regular or Menthol or the words "Benson & Hedges 100's" hand-printed on a plain piece of paper.
3. Enter as often as you wish, but you may enter only one sweepstakes per envelope, and each envelope must be mailed separately to: Benson & Hedges 100's, P.O. Box 2310, Westbury, New York 11591. Entries must be postmarked by February 9, 1981.
4. **IMPORTANT:** You must write the number of the sweepstakes you are entering on the outside of the envelope, in the lower left-hand corner.
5. **Winners will be selected in random drawings from entries for sweepstakes by National Judging Institute, Inc., an independent judging organization whose decisions are final. Winners will be asked to execute an affidavit of release and eligibility. All prizes will be awarded. Only one prize to a family. Liability for taxes is sole responsibility of individual winners. In lieu of prize, winner may elect to receive a cash award of $200.**
6. Sweepstakes open to all U.S. residents over 21 years of age, except employees and their families of Philip Morris Inc., its advertising agency, Don Jagoda Associates, Inc., and National Judging Institute, Inc. This offer is subject to all Federal, State and local laws. Void in Michigan and wherever prohibited, restricted or taxed.
7. **For a list of winners, send a stamped, self-addressed envelope to Benson & Hedges Winners' List, P.O. Box 2381, Westbury, New York 11591. Winners' List will be available by May 15, 1981.**

Benson & Hedges 100's, P.O. Box 2310
Westbury, New York 11591

I've chosen the following Sweepstakes and I've read the rules carefully. The Sweepstakes number is _____ and the prize is _____.

Name _____
(Please Print)

Address _____

City _____ State _____ Zip _____

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RELAX, RECLINE, REJOICE!

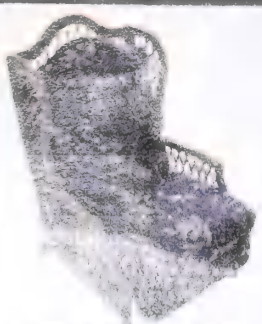
Today's new recliners, slimmer and more stylish, will please your mate, enhance your room.

Ask any man (even a weary Santa) what he wants to do after a hard day's work—and the most oft-heard answer is, "Just stretch out and relax." Nothing makes this wish come true faster and easier than a good recliner, now trimmer and better looking than ever before. Keep this in mind when checking your Christmas list—and you can make someone very happy. Prices below are approximate, vary with fabric choice.

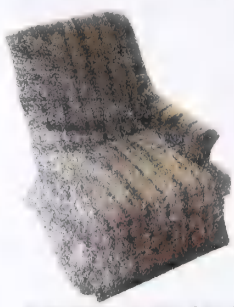
Handsome wing chair, Rock by Barcalounger; vinyl, $625; leather, $1,280.



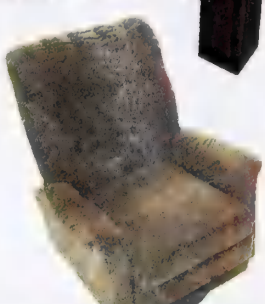
Small-scaled print, LoBack by Stratolounger; in blue cotton geometric print, $249.



Informal, light, Montiki by Barcalounger; blue and sand flowered print, $660.



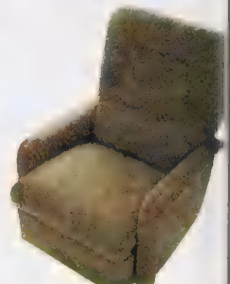
Sturdy stripes, TV Wall Chair by Kroehler; in striped olefin fabric, $230.



Easy comfort, Creston by Sears (at stores only); in mocha cotton velvet, $259.



Traditional wing, Princess by Burris; in flowered print, $389.



Contemporary styling, Recliner Rocker by La-Z-Boy; in beige velvet, $404.

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Gloria Swanson
The Movie Star and the Magnate



It was the unspoken scandal of its time. Now this famous movie star of the 20s and 30s discloses her romantic intrigue with the father of one of America's leading families, and sets off some amazing echoes for today. By Gloria Swanson

The year was 1927. Gloria Swanson was not only the most popular female celebrity in the world, but the first queen of Hollywood to have married a titled European. All over the world fans rejoiced when Cinderella married her prince—the Marquis de la Falaise.

At 26, the $1,000-a-day star was one of the highest paid actresses of her time. She had already starred in more than 30 successful films and headed her own movie production company when she met Joseph Kennedy, Sr.—the patriarch of the Kennedy clan and father of John, Bobby and Ted Kennedy. She knew nothing about the financier, who was offering to back her next film, but she agreed to meet him for lunch. It was the beginning of a legendary romance that would bring her to a sad crossroad on her climb to fame's pinnacle.

Here is a condensation from her forthcoming autobiography.



Joe Kennedy (left) at Biarritz, with the Marquis de la Falaise, business associate and husband to Gloria Swanson.

When the maître d' phoned to say Mr. Kennedy had arrived, I picked up the envelope of papers I intended to show him and went downstairs. The maître d' led me to the table, and Mr. Kennedy rose and energetically introduced himself. I was amused by his heavy Boston accent, and I could tell he was surprised that I was so tiny.

He didn't resemble any banker I knew. His suit was too bulky, and the knot of his tie was not pushed up tight. With his spectacles and prominent chin, he looked like any average working-class person's uncle. A man of about 40, he still retained a certain boyishness. Apart from his accent, his hands were the most noticeable thing about him. They looked unused to work. He gestured often and animatedly with them when he talked.

He said he had impressed his wife and children when he told them he was having lunch with a famous titled movie star.

I had brought a memo from my accountant outlining the two propositions I had received for financing my third picture for United Artists. Mr. Kennedy seemed relieved to have something to study. He scanned the papers quickly and then began asking questions.

The motion picture business was so young that nobody in it had yet learned how to keep proper figures. Certainly nobody knew how to depreciate, to amortize, to capitalize—those very things, he said, that spelled success or failure in any other business. That was what fascinated him about motion pictures, that here was a giant industry but that nobody seemed to realize it. Everything he said that afternoon was reasonable and convincing.

When he phoned to arrange our next meeting, Mr. Kennedy insisted that since I had paid for our lunch, it was his turn to treat me. Could I have dinner with him? He added in a different tone altogether that he had a proposition for me.

As Mr. Kennedy greeted me in the hotel lobby, he reached for a florist's box on the table beside him and handed it to me with a big smile. I thanked him, opened the box, and imperceptibly winced to find an orchid corsage inside. I hated corsages and orchids were my least favorite flowers; *(continued)*

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Gloria Swanson

continued

they made you look like somebody's visiting aunt or piano teacher. And there I was in the smartest evening suit I'd brought along on the trip. Nevertheless, when he asked if I wanted him to pin it on my fur coat, I heard myself saying in my sweetest voice, "No, please, I'll carry it; that way I won't crush it." As he put my coat over my shoulders, I noticed that he was scented and all spruced up in dinner clothes.

On the drive over the Queensborough Bridge from Manhattan to Long Island, Mr. Kennedy inquired several times if I was warm enough, thereby indicating that the car had a heater as well as a driver and that he was very proud of it. Despite the cold November wind outside, it soon grew much too hot in the car, but I waited a polite interval before I said I thought the chauffeur could shut the heater off.

All the way to our destination, a matter of three-quarters of an hour, he talked about nothing but motion pictures, and I assumed at first that was because he thought I might be at a loss if asked to discuss anything else.

The restaurant turned out to be very elegant, with an orchestra but no dancing, and a menu the size of a billboard, with no prices on it. Mr. Kennedy seemed disappointed when I ordered steamed green vegetables, a little rice and unbuttered dark bread. After he had ordered a big meal for himself, he motioned the captain over, explaining that I could have wine served in a teacup from a concealed bottle if I'd like some. I knew from his tone that he didn't drink, and he seemed pleased when I declined. We discussed Prohibition, which was still in force, and he said that although he personally didn't drink, his father had made all his money as a saloonkeeper. "Before he went into politics," he added. He too was very interested in politics, and dropped in passing that his wife was the daughter of the former mayor of Boston.

By the time he had eaten three heavy courses we were having a fine old time. I usually got bored to death talking about pictures, but not with him. He had the most ambitious view of pictures I had ever encountered; in fact, he seemed to see them precisely as a means of attaining not only wealth but also power. Like his father and his father-in-law, whom he mentioned over and over again, he was intrigued by the manipulation of people and events.

Driving back to Manhattan, he said he was interested in financing my next picture, but he was much more interested in personally handling all the business aspects of it. He said he was sure that together we could make millions. I had no doubt in my mind that I had stumbled on the right business partner to straighten out my career.

The day I got back to California, Joseph Kennedy telephoned. He didn't waste any time with a lengthy diagnosis or mince any words; he simply said that my affairs were in a mess and that everyone had been taking me for a ride.

On his first free evening in Hollywood, he came to dinner and brought with him his "Four Horsemen," as he called them, four trusted colleagues who had been with him for years. Within a quarter of an hour they were behaving with me like Snow White's dwarfs. I couldn't mention the word *butler* before one of them had rung the bell to summon him; and every time I reached for a cigarette, I all but went up in flames as two or more of them struck matches to light it.

They told me they had gone thoroughly into every aspect of my production company and had decided there were so many things wrong that the best solution was to dissolve the existing company and form a new one. Every question I raised brought the same response: They could handle it, and it could all probably be done within a month.

When my husband, Henri, returned from a trip to France I brought him up to date on the events of the extraordinary two months he had been away and told him he would soon be meeting Erich von Stroheim, the famous director of the successful movie *Greed*; Joe Kennedy had commissioned him to write my next script. But first, I announced, we were going to have a wonderful, leisurely, happy Christmas with my children, Gloria and Joseph.

As soon as the holidays were over, the funny voice from Boston, the voice I had imitated so often for Henri, was on the phone almost every day. He wanted Henri and me to meet him in Palm Beach, Florida, to discuss the new company and the von Stroheim film.

Two of the Kennedy horsemen were on the station platform to meet us in Palm Beach. Henri joined them to make arrangements for the luggage. I was standing in the doorway to our drawing-room car waiting for a porter to collect the hand luggage when I saw Joe come charging like a cyclone down the narrow aisle from the other end of the car. He pushed me back into the drawing room, said a few excited words and kissed me twice. Just as quickly he released me and straightened up to his full height, and in doing so he scraped his head on an overhead rack and knocked off his spectacles. I started to laugh when he fell to his knees to retrieve them under the seat, and I laughed even harder when he stood up and I saw that the knees of his white pants were dirty and he had lipstick smeared on his face.

He laughed back, and his blue eyes flashed. "Now you have lipstick on you," I said, embarrassed suddenly, and showed him where with my finger.

"I missed you," he said with no embarrassment at all. "And I wanted you to know." Then he scrubbed his face with his handkerchief.

"I missed you too," I said, managing to keep my voice steady, although my body was shaking as though the train were still in motion. "Come out and meet my husband," I added.

The manager of the Hotel Poinciana greeted us at the door and presented me with an orchid corsage. I thanked him profusely but I could tell by the expression on Joe Kennedy's face that the man was merely following instructions. Then a parade of bellboys and a captain led all of us up to a cool, spacious suite, which in the early morning light could have passed for a florist's shop the proprietor of which favored orchids almost above life itself.

"Everybody in Palm Beach is lining up to meet you," Joe Kennedy said. "People will be arriving from all up and down the Eastern seaboard for this party," said Joe, handing Henri an invitation for the following night.

"That's right," said one of Joe's horsemen. "Anybody who didn't get an invitation has just one week to commit suicide or leave town." Joe burst into laughter at that and banged his hand on his thigh. Then he rose from his chair by the window and announced, "We have to leave right now or we're going to miss Mass."

During the days that followed, we mixed business with a round of teas, receptions and dinner parties. All of Palm Beach scrambled to entertain the Marquis and Marquise de la Falaise de la Coudraye, and through these affairs, which after three years were boring routine for Henri and me, Joe Kennedy beamed as if he were P. T. Barnum presenting Lavinia and Tom Thumb.

In the three years of our marriage, Henri's business responsibilities had been nebulous. At present he was in my employ, and that was a poor arrangement; by any standards it was somehow demeaning for him. But our visit in Palm Beach was to present new options for Henri. With the greatest tact imaginable, Joe Kennedy offered him a marvelous position as European director of Pathé Studios. It would make him distinctly his own man and, if he were clever, it could make him very rich as well.

In a few brief sessions Kennedy, his staff, Henri and I had rearranged the world, and after that, *(continued)*

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Gloria Swanson

continued

everyone agreed, it was time to enjoy the nation's finest winter resort. Henri was asked if he would like to try an afternoon of deep-sea fishing, and he said he would be delighted. "We'll leave right after lunch," said one of Joe's horsemen.

"Not me," Joe Kennedy said. "I have business calls to make that won't keep."

"How about you?" I was asked.

"Absolutely not, thank you," I said. "I'd much rather shop for presents for my children."

After they left, I bought some gifts in the fancy stores in Palm Beach and then went back to the hotel, where I got into a kimono and slippers and stretched out sitting up on the bed. Just then, the phone rang. It was the hotel florist, warning me of an impending crisis. Owing to the party the following evening, there was an orchid shortage. Mr. Joseph Kennedy had told him to phone me and ask what color dress I would be wearing so that he, the florist, could save me two orchids of exactly the right shade.

"If you have an orchid shortage," I said, laughing, "I know why. I've had deliveries every day I've been here."

"Orders of Mr. Ken . . ."

"I'm aware of whose orders," I said. "The point is, I don't like orchids. And I never wear corsages on my shoulders, on my wrist, at my waist, anywhere. What you can do is save me two or three fresh red carnations—no wire, no tinfoil, no ribbons—just two plain carnations."

"Very well, madam," the florist said.

As I hung up and stretched back out on the bed, I saw Joseph Kennedy standing in the open doorway. He had obviously arrived as the maid was leaving and had certainly heard the whole conversation with the florist.

"Well," I said, "now you know."

He wasn't listening. He just stood there, in his white flannels, and his argyle sweater and his two-toned shoes, staring at me for a full minute or more, before he entered the room and closed the door behind him. He moved so quickly that his mouth was on mine before either of us could speak.

Since his kiss on the train, I had known this would happen. And I knew, as we lay there, that it would go on. Why? I thought. We were both happily married with children. We were ten years apart in age. He was a staunch Roman Catholic, and I was married to a thoroughly unexceptional man I had no wish to divorce. Furthermore, we had no domestic feelings for each other. In fact, at the instant, we both probably would have liked to have an extra life to live, so that we wouldn't have to forfeit the one we were already living. All arguments were useless, however. I knew perfectly well that, whatever adjustments or deceits must inevitably follow, the strange man beside me, more than my husband, owned me.

In an hour, long before the fishermen returned with their catch, he left the room and said softly, as if reciting a lesson, "No more orchids," and we both were relieved to have a reason to laugh.

In two months Joseph Kennedy had taken over my entire life, and I trusted him implicitly to make the most of it. At the same time, my husband, Henri, was changing. He suddenly appeared a man of responsibility with an identity all his own. He was quickly establishing himself as one of Pathé's top indispensable men. But if he had any suspicions about my relations with Joe, he never voiced them, perhaps out of gratitude for the Pathé job, perhaps out of a European good sense to let such affairs run their course.

My business kept me, for the most part, in Hollywood. Joe split his time between his home on Rodeo Drive in Beverly Hills and New York City, where he also had business interests.

One day he called me in California begging me to come to New York for a few days, because he missed me and couldn't leave his business there for at least a month.

"I can't," I said. "The children."

"Bring them," he said. "Please, Gloria."

When I arrived in New York, Joe came bounding into the hotel suite with a stack of presents for the children and me.

"Where shall we go tonight?" he asked me. "This is a vacation."

I told him to be reasonable; in no way could I be seen out on the town with him that night or any night in New York.

"But we're business associates," he said.

"Business is done in the daytime if both associates are married," I said. "Joseph, don't you see it's impossible? If we want to go out, we have to go out with other people."

Joe was acting as hurt as a sophomore who had been turned down for the prom. He blurted out that he had been faithful to me.

"How can we be faithful, Joe? We're both married."

Then he stunned me by telling me proudly that there had been no Kennedy baby that year. *Our* year was what he meant, for it had been almost a year since our first meeting. What he wanted more than anything, he continued, was for us to have a child.

"You can't ask that of me," I said. "I refuse to discuss it. If you so much as mention it again, I will turn around and go back to California tonight. You can't manipulate the public, Joseph. I would be finished tomorrow."

A few days before I was ready to leave New York, Joe said he had promised his wife and children that I would bring my children, Joseph and Gloria, up to their home in Bronxville for a Halloween party. When I realized what he'd said I told him I just couldn't do that.

"Please," he said. "I promised."

There, in that strange situation, was all of the man's complexity in a nutshell. While he was in control, he saw nothing as impossible or out of the question. I couldn't even argue with him, because it would have done no good. I finally said the children could go but I would not, and he accepted that as the best compromise that could be reached.

In November of 1928, almost a year after Erich von Stroheim had first told Joe and me about *The Swamp*, the new script he was writing for me, he began shooting the film under a new name, *Queen Kelly*. When I returned from New York, I went to the RKO movie lot to greet the cast, approve my simple wardrobe and inspect the beautiful new bungalow dressing-room Joe had ordered for me. Mr. von Stroheim, courtly and refined, confided that he had never felt so utterly confident in the rightness of every detail in a project as he did with *Queen Kelly*. He said he would start shooting my scenes in about a week; in the meantime he and I met each day to look at the rushes. As soon as I saw the first rushes of the African sequences, two months later, I knew we were in trouble. They were rank and sordid and ugly. Something was terribly wrong.

I went to my bungalow and called Joe immediately.

"He's in a meeting," his secretary said.

"Well, get him out of it," I told her in a tight voice, "and have him call Gloria Swanson."

The minute I heard his voice, I poured out everything. "Joseph, you'd better get out here fast. Our director is a madman. The movie is awful!"

"I'll be there as soon as I can," he said, trying to calm me. When Joe Kennedy arrived, he told me to come to my bungalow and wait there. An hour later he charged into the living room of the bungalow, alone, cursing von Stroheim. Stopping abruptly, he slumped silently into a deep chair. He turned away from me, struggling to control himself. Finally he found his voice. It was quiet, controlled. "I've never had a failure in my life," were his first words. Then he rose, ashen, and went into another searing rage at the people who had let this happen. But he was too hurt to get properly angry. He yanked me into his arms, and soon my face was wet with his tears.

Bravo, I wanted to say. *(continued)*



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Gloria Swanson

continued

If you're 40 years old and you've never had a failure, you've been deprived. Failure is part of life, too.

"Don't cry," is what I said. "We'll try to save it."

For weeks Joe Kennedy was like a beached whale, all his tremendous energy drained, all his lust for ambition mortified. Soon all of Hollywood was buzzing about the great disaster and everywhere I went people would ask in sepulchral tones how things were going.

But the slump was short-lived. While I was seeking solutions with various writers and directors, so was Joe. Coincidentally, we both came up with the same idea, but through different sources. Finally we struck a bargain. If I could produce a script with the English director and writer Edmund Goulding in the month Joe had to be in New York, then Joe and I would produce it as my first talking picture. After that we would see what could be done with *Queen Kelly*.

Joe left for New York, and somehow Eddie Goulding and I met our deadline. In three weeks we had a tight script, and Joe thought it was marvelous.

We made the picture, *The Trespasser*, in 21 shooting days. It would have a world premiere in London. Joe was thrilled and said we could be back from London just in time for our next project.

"Who's we?"

"Well, me for one. Nobody's going to keep me from attending my first London premiere," he said. "And Henri. You can go to Paris first and pick him up."

"Joe, before you go any further," I said firmly, "you and I cannot travel on the same boat going over even if we're going to meet my husband."

"We won't be alone." He lowered his voice as if he were addressing a nervous patient. "Rose is coming. She's never been to Europe, and I've promised her this trip. Please, Gloria, she wants to meet you."

"Joe Kennedy, do you think I would travel with you and your wife to—"

"And my sister. You and Rose will never have to be alone together."

"Now, Joe—"

"Gloria, listen to me. You two are going to have to meet sometime, and this is the perfect time . . . Europe."

By now he was busily naming dates and suggesting trips to Paris and a few cathedrals. At the end of our conversation, I had to smile. He had just asked me to throw a shawl over my scarlet letter and have tea with his wife.

I finally consented to his strange request on the grounds that I could bring along a companion of my own. Virginia Bowker, an old friend whom I hadn't seen in ages, agreed to accompany us. She grasped the curious situation in which she was taking part the first day on the ship, but whether Mrs. Kennedy did or not, I couldn't tell.

Only a few years older than I, Rose Kennedy was sweet and motherly in every respect. Most of the time, she and Joe's sister treated Virginia and me like a pair of debutantes it was their bounden duty to chaperon. They always commented enthusiastically on our pretty dresses and on the way we had our hair fixed, and they worried aloud every time I ordered food from the waiter: "Gloria, are you *still* dieting?"

But the main concerns of Mrs. Kennedy's life, she made plain from the start, were Joe, her children and religion. She had reluctantly left home in order to see a bit of Europe and Joe. She talked endlessly about her children: There were eight now, she exclaimed happily, the youngest just a year, the next-to-the-youngest almost three, and so on up to Joe Junior, who was 14. She asked how my Joseph and Gloria were, and told me how marvelously behaved they'd been when they visited that once in Bronxville. Her innumerable references to church activities indicated beyond

(continued on page 182)



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Sunny Side Up? Rainy Day Blues?

Can the weather itself make us feel "under the weather"? Yes, say experts. Here's how the elements affect our health, emotions—even our sex lives. By Carl Glassman

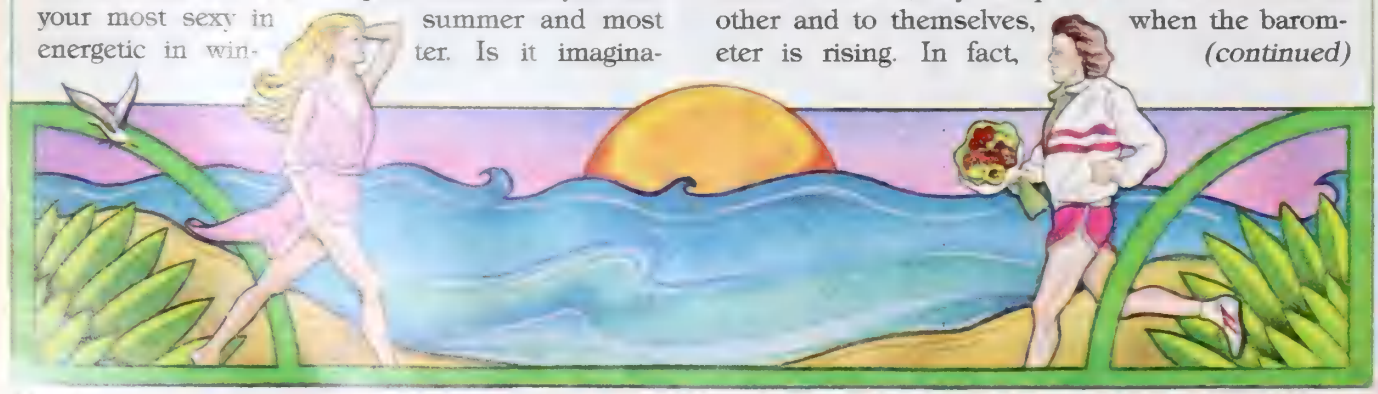
It's one of those gray, drizzly mornings. Stepping into the bathtub, you slip reaching for the soap; later, in the kitchen, you overcook the three-minute eggs and then snap at your husband who dares to gripe. Making your way to work in the downtown traffic, your car stalls (it's even a bad day for cars). When the motor reluctantly revives, the weatherman on your radio beams the gloomy news to you—a falling barometer and heavy rains for most of the afternoon. But, by this time, you don't need the meteorologist's help. You already know that this is not going to be one of your better days.

Like most people, when you're feeling under the weather, you tend to blame the weather itself. It may not *sound* very scientific, but you're persuaded that your moods are tied to the rise and fall of the mercury in your thermometer, that your child's allergies will flare up in June, that you feel your most sexy in summer and most energetic in winter. Is it imagination? Or perhaps half-remembered old wives' tales that color your otherwise rational mind?

Your assumptions aren't as unscientific as they may seem. While you can't blame all that ails you on the weather, medical experts and meteorologists alike are finding increasing evidence of links between the weather and our physical and emotional well-being. Research suggests that everything from heart attacks to nightmares, emotional stress and an increased sex drive can have a connection to atmospheric conditions.

It may not be entirely coincidental that you slip in the shower and overcook the eggs on a wet, dreary morning. There's research to show that when the barometer is falling we are less careful and more accident-prone. Studies also show that children misbehave more in school when the relative humidity rises above 50 percent, the barometer drops and when the winds gust at more than 18 miles an hour.

Obviously some people's metabolisms and emotions are more sensitive to fluctuations in the weather than others. But research indicates that generally we're apt to be more alert and have fewer accidents—in short, have a better day—when the air is dry and cool, there is little wind and the barometer is steady. People look better, to each other and to themselves, when the barometer is rising. In fact, *(continued)*



Illustrations by Donna Corvi



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Sunny Side Up?

continued

Authorities say the ideal work conditions for work and health exist when the temperature is 63° Fahrenheit with 65 percent humidity.

The study of the relationship between weather and health is a science called biometeorology. It remains a controversial and elusive field largely because it is difficult to isolate and measure the weather's effects on our minds and bodies. While Europeans have long acknowledged the influences of the elements upon us, these factors are only gradually gaining acceptance among American experts.

"The present attitude of much of the medical profession is that anything that's not in their textbooks doesn't count," says Dr. Helmut E. Landsberg, a leading climatologist and author of *Weather and Health: An Introduction to Biometeorology*. "However, times are changing. There is a growing amount of interest and research being done in the field. But something spectacular has to happen—like the heat wave that killed more than a thousand people in the Southwest last summer—before more health experts in this country will begin to acknowledge how weather affects our lives."

Even the less apparent, day-to-day shifts in atmospheric pressures help shape our health and behavior. One way to recognize this yourself is to keep a careful record of the weather conditions each time you are ill, suggested the late Dr. Frederick Sargent II, an eminent authority in the field who taught at the University of Texas, School of Public Health. Dr. Sargent found that you may be able to predict the times when you're likely to feel especially uncomfortable.

"Certain diseases can be *caused* by the weather," Dr. Sargent wrote in a study of weather and human health to be published early this winter, called the *Hippocratic Heritage*. As examples he cites "heat diseases, cold injuries, maladies of local wind, and mountain sickness." While not directly attributable to the weather, the onset and course of other diseases are *conditioned* by atmospheric factors, he believed.

Your sexy seasons

While experts have yet to define the full range of ways in which the weather colors our lives, most of us sense how climatic conditions affect us personally:

- "When the air pressure drops," says Margie, a young research analyst in Topeka, Kansas, "my head feels like cotton. I get irritable and can't think straight."
- "I just hate New York's muggy summers," complains Kathy, a teacher who says she stays in her air-conditioned apartment until the fall. "I feel like my brains are frying when it's that hot."
- "My husband and I find those cold, crisp winter nights really put us in the mood for lovemaking," says Nancy, a homemaker in Spokane, Washington.

This last remark may surprise you. After all, doesn't everyone's fancy turn to love in the springtime?

Apparently not, suggests a recent study by Parisian doctor Alain Reinberg. He asked five men to keep detailed diaries of their sexual activity over a 12-month period. Each submitted to periodic physical examinations, which showed that their sexual activity peaked mid to late September. The level of testosterone, the male hormone, peaks in late September.

Research into sexual timetables is still in its infancy, and some of the data is controversial and sometimes conflicting. At the Institute for Sex Research of Indiana University, for example, J. Richard Udry and Naomi Morris studied the patterns of sexual intercourse of 50 married women. Their sexual activity peaked in July and leveled off by September.

Research conducted by Dr. Michael Smolensky, at the University of Texas, School of Public Health, dovetails with these findings. He says surveys conducted in major American and European cities have indicated that the number of rapes peak in late summer and early fall. Statistics for venereal disease infection and sales of over-the-counter contraceptives—both indicating increased sexual activity—escalate dramatically during this period as well.

The male and female reproductive cycles, according to Dr. Smolensky, seem to be at the height of efficiency in the fall, too. Male fetuses, less hardy than female fetuses, are more likely to survive if conceived September through November. Fewer congenital defects are seen in babies conceived in the fall.

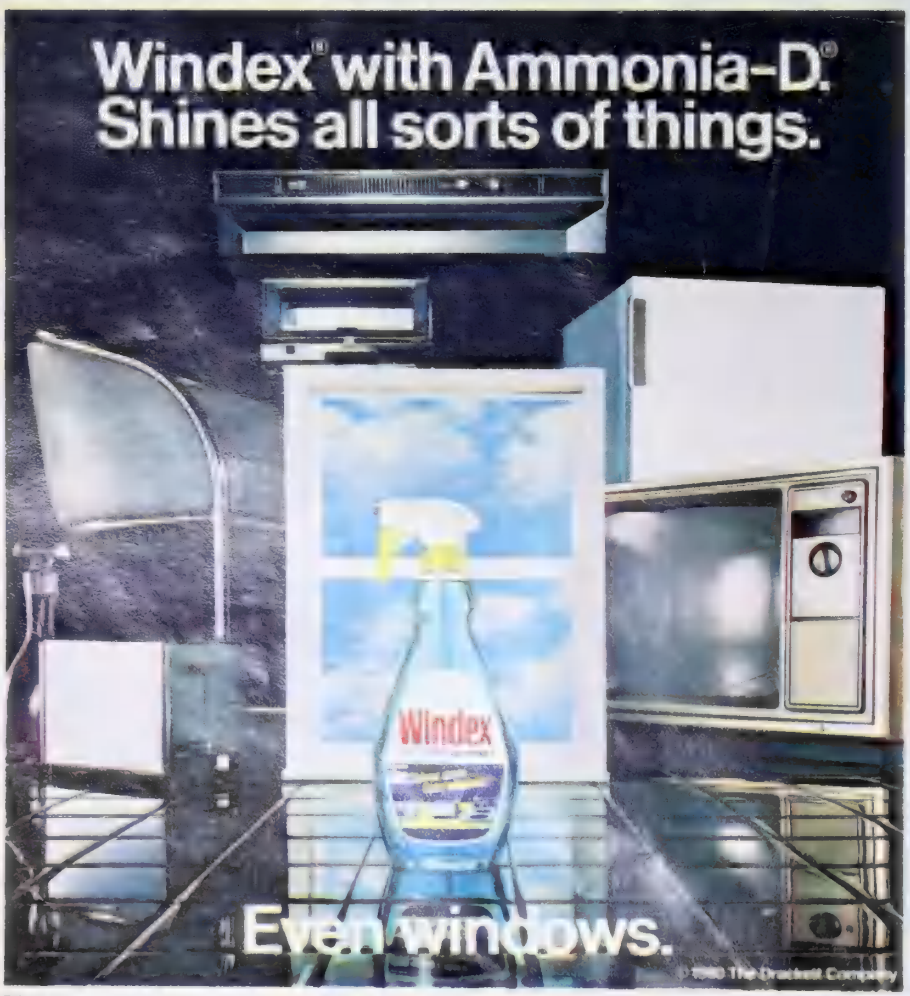
"Of course there are a number of factors that affect sexual activity and fertility levels in humans," says Dr. Smolensky. "But a number of studies do indicate links between seasonal variation and increased sexual activity in both men and women."

Favorable conditions for sex

What weather conditions are most favorable for fertility and sexual vitality? Some experts say about 65° F. Dr. Smolensky says that high temperature and humidity have been shown to put a definite damper on sexual activity, especially in men. Male sperm is not even as fertile in overly hot weather. Furthermore, he says that the duration of daylight seems to affect everything from sexual appetite to menstruation cycles.

The weather may have an effect on childbirth, too, although this remains controversial. Some researchers say that the number of mothers who go into labor when the barometer is falling, and deliver during the ensuing storm, far exceeds the statistical probability.

Not only do particular *(continued)*



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then the good weather comes and they're still depressed. Th look around and say, 'My God, all my friends are so happy nc that spring is here—and I'm not. What's the matter with me?'

For most of us, however, spring is a time for rejuvenatio "The pace of life speeds up in the springtime," says Dr. Arth Murray, a Seattle, Wash., psychiatrist, "and the zest for ever thing improves. That can include sexual activity."

Your health versus the elements

How you react emotionally to the weather often depends your own unique physical response to it. People who tend have winter-long sniffles obviously won't enjoy the co weather. And those with springtime allergies don't welcor the warm weather. But it's not just the weather's seasor variations that affect our health. Abrupt changes in t weather, say some, can cause peptic ulcers to bleed. Peop with corns, surgical scars and mending bones painfully "fe changes in temperature and humidity.

People with arthritis are sometimes called "human barom ters" because their disease is the most weather-sensitive of a They can predict rain because the high humidity before a sto stiffens the muscles around joints. Says Dr. Emmanual Rud former consulting director of the Arthritis Foundation, "Ma patients with the disease feel better when they move to warm, dry climate. But better weather doesn't influence t course of the disease. They'll take the arthritis with the wherever they go."

Headaches have been blamed on a number of weath factors, but according to Dr. Seymour Diamond, head of t Diamond Headache Clinic in Chicago, "Most often it is t change in barometric pressure. When we see any drop pressure, a great many migraine sufferers will get an attack."

And what about that misery named after the weather itself the common cold? Though respiratory infections do occur m often during frigid weather, many doctors believe that l

Sunny Side Up?

continued

weather conditions appear to affect us in specific ways. Any changes in the weather, especially abrupt ones, can take a toll on our moods. The *American Journal of the Medical Sciences* reports that it takes time to adapt to a new climate when you travel.

"Any unexpected change in daily weather conditions will have a dampening effect on people, at least initially," confirms Dr. Landsberg. "People who are not used to severe cold will grumble and feel out-of-sorts for a while. And being exposed to unfamiliar temperatures influences the body's metabolism and hormone balance."

Even normal, predictable weather patterns can affect our emotional stability. It seems that any inclement period that isolates people indoors for extended periods of time causes spirits to plummet. Being snowbound for days "exaggerates personal vulnerabilities and strengths," explains Dr. Richard Miller, a psychiatrist in Buffalo, N.Y., a city often hit by winter storms.

"Some people find bad weather refreshing because it provides an opportunity for renewed family togetherness. For others, being with their families extensively can be almost an emotionally destructive experience," Dr. Miller continues. "They feel frustrated by their inability to do the things they want and to socialize more."

But as depressing as slogging through ten inches of snow can be, experts say that winter thaw brings on even more serious emotional trauma. "May is a big month for suicide," says Dr. Stephen Soreff, Director of Emergency and Consultation Psychiatry at the Maine Medical Center in Portland. "So many who get depressed during the winter blame the weather. But

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nperatures and chilly drafts don't actually cause colds. They that during autumn and winter, people are most often nfined in houses and offices, within coughing and sneezing tance of one another. Also, colds occur less often in summer- ne because it's harder for the viruses to survive under the n's hot rays.

Extreme cold and heat act as a strain on nearly everyone, but n be deadly to the heart patient. Cold weather can cause ronary stress by contracting blood vessels, making it harder the heart to pump blood through them. Smoking in cold ather can be particularly dangerous because tobacco con- icts vessels.

Allergy sufferers also pay close attention to the seasons and e weather. Pollens, molds, fungi and other allergens thrive st in certain climates and are carried by the wind. Rain can lp cleanse them from the air, but it often takes the first eze to bring lasting relief.

One allergy intricately connected to weather and climate is hma. The first cold wave can be especially treacherous to ose suffering with asthma. Dr. Sheldon Spector, head of the epartment of Allergy and Clinical Immunology at Denver's tional Jewish Hospital, explains that many asthma sufferers ek dry climates where most of the allergens can't proliferate. t, according to recent research at the Denver hospital, heat d high humidity seem to help sufferers.

Weatherproofing your life

What troubles Dr. Landsberg and many experts is that our rrent lifestyle, which features climate-controlled homes, air- nditioned cars and enclosed shopping malls, is making us en more sensitive to the weather.

But face it. Most of us can't flee the inclement weather ogether, so we might as well try to adapt to it. Here are a few lpful hints:

- Acclimate yourself to the cold winter by beginning an outdoor exercise program in the late summer or fall. Always do warm-up exercises inside. Dress lighter than usual because you'll keep warm by raising your body heat through exertion.
- Don't ride a bicycle or jog in extreme cold or high heat and humidity.
- Layers of loose clothing provide the best insulation in cold weather. In the heat, dress in light fabrics that absorb and distribute the sweat in the air.
- If you are overweight, remember that you are more vulnerable to heat exhaustion and frostbite. And if you are thin, you probably need more clothing to stay comfortable in the cold.
- Drinking large amounts of water in the cold weather will help keep your body temperature steady.
- Eat high-protein and high-fat meals in cold weather, and in the summer, drink plenty of liquids and eat lightly.
- When abruptly changing to a warmer climate or high altitude, eat more frequently but make meals smaller. In extremely cold weather, eat five small meals a day rather than three larger ones to help the body utilize fat more efficiently.
- Even during the coldest temperatures, allow fresh air to circulate regularly in the house. This will help prevent bacteria from building up.
- If your blood pressure is low, going south in the winter will aggravate your condition. The opposite is true for high blood pressure. Consult your doctor.
- Try not to let the inclement weather get you down. Try to vary your daily habits—the hours you sleep, how much you eat—to find the conditions under which you function best.

Cold weather does seem to weaken the body's resistance to infection, and some people feel they can help condition their bodies to the cold—and thereby strengthen their defenses—by exercising outdoors or inside a cool house. But the best safeguard against colds and flu is a combination of exercise, adequate sleep and a healthy diet. **End**

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MARLO THOMAS

MARRIED BUT EQUAL

A new life with talk show host Phil Donahue has not altered free-spirited Marlo Thomas' convictions. She says she has the best of love, work and marriage. By Susan Dworkin.

It was a scorching hot day in New York, and Marlo Thomas was wearing a blue sundress she had bought on her honeymoon in Greece with her new husband, Phil Donahue. It was too hot for makeup and certainly too hot for shoes, so Marlo wore neither and looked as attractive as when I had last seen her on television.

This was not the first meeting between us. But this time—as always—her apartment was filled with sweet-smelling fresh flowers, multi-colored candy in big jugs, the bric-a-brac and memorabilia of a life bursting with variety.

On the sideboard by the pink and white lilies, there were framed pictures: her parents, her sister and brother and all their kids; Marlo with Phil on a skiing holiday with all *his* kids (he has five from his first marriage). There was a picture of Carol Hart and Marlo receiving their Emmy for *Free to Be . . . You and Me*, and a laughing "class" picture of the show business people who turned out for a fund-raising Equal Rights Amendment party on the lawn of her California house, which she had so long and so lovingly decorated.

She doesn't live in th house any more. She ha an apartment in Ne York and a house in Wi netka, outside of Ch cago, which is Phil home. I thought to m self: The only thin Marlo *did* give up when she married Phil was he California home.

"I always thought marriage was a kind of vacuu cleaner," she laughed. "You put it to a woman's ea you turned it on and *VROOM, WHOOSH!* ever thing that was inside of her just kind of got sucke up and swept away. So you can imagine, with a attitude like that, why I took my time about gettin married."

The wedding, in May, had taken place at he parents' home in California, a small, private affa for family and a few close friends. The honeymoo locale went undisclosed until after it was ove Marlo and Phil both feel that their "personal life kept healthy by privacy."

Marlo still surrounds herself with the knic knacks and mementos she had as a single woman. needlepoint duck pillow and needlepoint pictur frame, made by close friends.

(continued

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⅛ teaspoon salt
1¾ cups milk

12 tbsp. (¾ cup) Hershey's Cocoa + 4 tbsp. (¼ cup) shortening

Generously grease and flour two 9-inch or three 8-inch round cake pans. Cream butter, shortening, sugar and vanilla until fluffy; blend in eggs.

Combine cocoa, flour, baking powder, baking soda and salt in bowl; add alternately with milk to batter. Blend well. Pour into prepared pans; bake at 350° for 30 to 35 minutes for 9-inch pans and 35 to 40 minutes for 8-inch pans, or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans.



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MARLO THOMAS

continued

e hand-stitched patchwork quilt that vers the living room table; funny little med cartoons. The sofas are large and t, and it was easy to get comfortable th Marlo: easygoing and accessible, a pulist celebrity.

The day before, she had made the key- te address to the National Secretaries sociation. That afternoon, she was ishing up work on a television show led *Facts For Girls*, to teach girls the ts of life.

She also was working on a new film th Elaine May (the actress/comedienne med director), and watching over a new ge production of *Free to Be . . . You d Me*. But when someone called and vited her to a surprise birthday party, arlo, a consummate juggler of time, clined, saying she would be home in nnetka on that date.

"Hold the calls, Tina," she said to her cretary. She turned to me and grinned. it down," she said. "Take your shoes I'll make coffee."

Phil's show was on television. Marlo used with coffee cup in hand to watch He was interviewing a tough, articu- e woman who represented a group of less workers. You could see that this man had worked every day of her life d was accustomed to respect. Which s exactly what Donahue was giving her. n't she something?" Marlo murmured th admiration. "How strong she is. w firm her conviction. Boy, there's lots talent out there."

Right for each other

In an instant, I had begun to see why ese two people—the TV star and femi- t, the talk show journalist—had been ht for each other.

They are both believers.

They believe in the intelligence of un people.

They believe that there is nothing so ficult or so important that it cannot be cussed openly among the masses of nericans: women's rights, unemploy- nt, sex education, the strains and easures of a Catholic childhood, which ey both had.

And they believe in each other.

What was on Marlo's mind that morn- had very little to do with social com- tment or public intelligence.

"Look at this," she said, tossing a mag- ne toward me. "I had never seen any- ng like it before."

It was a pornographic magazine, with ld cover lines, promising nude pictures Marlo Thomas inside. Sure enough, ere was a picture of Marlo sitting next Al Pacino in what was obviously a blic place, and she appeared naked m the waist up.

I couldn't believe it. But *(continued)*



When I looked closer it seemed to me that the "body" of this "naked" woman was different from the rest of the picture.

"You bet it's different," said Marlo. "It's not real! They painted out my clothes and put in a 'naked' body. And then they sent out a press release announcing that I would appear in this . . . this magazine and respectable newspapers picked it up. Of course, it's against the law. But so much of this kind of thing happens to public figures, and it's so much trouble to go to court, it gives so much publicity to the bad guy, that often you just give up and let it pass and the law isn't tested.

"The minute you begin to achieve fame in this country," she continued, "people begin to make up stories about you. Silly stories. There is the rumor that I stay thin because I live on nothing but lettuce. Who could live on lettuce?" She laughed. "I'm just naturally thin! I was a skinny kid! I would push the food away at dinner time and Daddy would holler: 'Do you know how embarrassed I am going to be when my child dies of rickets?' They would do *anything* to get me to eat."

She leaped to her feet, imitating the entire Thomas household. "There I would go," she said, "riding around the living room on my tricycle, and every time I passed my mother, she would shove some food into my mouth."

She flopped back onto the sofa. "My brother Tony eats two steaks at a sitting. But I can't, that's it. And the idea that someone out there is driving herself crazy trying to live on leafy lettuce because she thinks that's how I stay thin, well, that drives me a little crazy."

Total lies

Marlo's face grew serious now. The fun was over. "Then one day you open a magazine and it says you bought $50,000 worth of shoes in one year. And it is a total lie. Your lawyer says: 'Forget it, it's the price of fame.' But then a news show or a responsible columnist features the story. And you go to make a speech before a major civic organization and you have the feeling that half the people in the hall are looking at your feet!"

She threw up her hands. "You see," she said, "the lies get into the media system and they just linger there, forever. The responsible press picks up what the irresponsible press says . . . and there goes the most precious thing you have—the truth about who you are."

"What are you going to do about the porn magazine?" I ask.

"Phil's youngest son, Jim [aged 17], asked me that. I talked to him about the First Amendment, the right of the press to be absolutely free. I talked to him about all the pros and cons of any lawsuit against any sector of the press. But he kept asking me: 'What are you going to do about this?' And finally, I asked him what he thought I ought to do about it. He thought for a minute and said, 'It would make me feel very good if you sued them.'

"To Jim, growing up now and going into the world, it's important that the world be a fair place. And it's important to me not to let the idea of 'fair' be something we grow out of."

Equal rights and her career

Marlo cares very deeply about equal rights for women, and she has allowed that caring to make an enormous impact on her career. It is a fact that she evaluates every new project offered for her consideration for its potential usefulness to women and children.

And when she does decide to go ahead with a particular project, she says she has no trouble getting cooperation. "When I made *Free to Be . . . You and Me*," she said, "everybody I asked said yes, eagerly. Dustin Hoffman, Carol Channing, Alan Alda and Mel Brooks and Rosie Grier . . . . Because they want to help.

"All my life in show business, I've known people who cared. My father and his friends: Bob Hope, Frank Sinatra, they were always running off to star in benefits for causes that one of them had embraced. It's logical to me that . . . say Lola and Bob Redford, for example, work so hard to defend the environment, why Paul Newman is so involved in disarmament. If you were a printer and could help your cause by printing the posters free, you would do it. We all belong to a community, after all, and we all do what we can to help the community."

Out of show business, too, Marlo overlaps her public life with the cause of women. She had done so the day before, when she had flown in from California to make an early morning speech at the convention of secretaries in New York.

How does a television personality find common ground with 1,600 secretaries in a hotel ballroom at nine in the morning?

"She established real empathy," said Fran Riley, spokeswoman for NSA. "She related the similarities of problems among all women. She was so moving . . . I sat there with tears in my eyes . . . the women gave her a standing ovation."

The week after my first meeting with Marlo, we were standing in the fabulous art-filled parlor of Diane Von Fürstenberg's New York apartment. Marlo was asking a crowd of elegant New Yorkers to give money to the senatorial campaign of Congresswoman Elizabeth Holtzman. "I believe in her," Marlo explained. "When you believe in something, you have to stand up for it."

Phil Donahue had made the definitive statement about Marlo's remarkable facility for reaching out to every audience, no matter how seemingly remote from her. "She's at home everywhere," he said. "She can speak at noon to a Daughters of the American Revolution luncheon and sell the Equal Rights Amendment to a gathering of steel workers on the same day. She can talk to anybody."

Is Marlo's activism something she acquired because of the example set by her father?

"Sure, it must have been," she answered. "Ever since I can remember, my father was always raising money for the St. Jude Children's Research Hospital. St. Jude was like one of my uncles."

But why the feminist commitment? Why the particular cause?

"Growing up as a girl made me a feminist," she said. "The low expectations. The limited life choices. The stereotyping. When I became an actress, all my feelings were confirmed. I mean, nobody knows better than an actress what it feels like to be put down because you're a woman.

"Years ago, I went to a rally for the Equal Rights Amendment in Florida. It was the first time I had done such a thing. I was nervous, not sure of my ground. And some state legislator commented: 'Why'd they send a chicken brain like Marlo Thomas down here?' (She imitates him. His smirk. His self-satisfied cigar.) *(continued)*



"I finally got him to heel—I taped a hamburger to my socks."

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MARLO THOMAS

continued

"Can you imagine how that felt?" she cried. I could see how real the pain was for her, even now. "For some man to assume you were an idiot just because you made your living as an actress?! When that march on Tallahassee started, I think I must have yelled louder than anybody. Because I knew then no matter how successful a woman is, she's still just a special woman with privileges. And I really believe that until all the rights of all the women in this country are guaranteed under the Constitution, the privileges of the few will always be in jeopardy. Dammit, nobody ever assumed that John Wayne was a chicken-brain! It's that stereotyping that made me able to understand how those secretaries feel; it's that which we have to fight together, so that everybody—men, women, children, everybody—is allowed to be *themselves*."

Tina buzzed from the next room. She was sorry to interrupt, but Phil was calling from Chicago. He wanted to know what Marlo thought of that day's show.

I told Marlo about a friend of mine, a single woman past 30, who had been bitterly disappointed when Marlo married. This friend of mine had commented: "Whenever my mother asked me when I was going to get married, I would always answer: 'Marlo Thomas isn't married and nobody gives her a hard time about it.' Now what am I going to do?"

Marlo sighed, distressed, brushing her newly cut bangs from her face. "Oh, that makes me feel rotten," she admitted. "I know better than anyone what a pain it is to deal with that kind of pressure."

Then she told me a story.

Run your own race

"I was just setting out as an actress," she remembers. "And I was in a play and one of the reviewers said: 'She's good but who knows if she'll ever be as good as Danny Thomas?' Well, I was devastated. I didn't think I could go on, having to fight that all my life.

"When I told my father what had happened, he said: 'I raised you to be a thoroughbred. And thoroughbreds don't look at the other horses. They wear blinders. And they run their own race.'

"Later that year, when I opened in my next play, he sent me a present on opening night. It was a pair of horse blinders. And with them there was a note that said, 'Run your own race, baby.

"That was his advice to me. That was the advice the women's movement has tried to give us all. Run your own race. When it comes to working, when it comes to marrying, just run your own race, because that in itself makes you a winner. Tell your friend I said that. Maybe it will help her deal with the pressure. It helped me."

Did you think you would marry? I asked.

She laughed. "Phil? Or ever?"

Ever, I answered.

She thought for a minute, trying to be absolutely honest. "I think I was never really sure if I would marry. But then with the women's movement and its influence, people's concepts of marriage changed and mine did too. Marriage gradually became more and more possible for me. All that social change had to happen . . . and something else too." She grinned, "I had to meet Phil."

They met on his show, a now classic videotape of the world's most successful blind date, full of laughs and irrepressible flirting.

She gave vent on his show to her view that women should not have to make the choice between career and motherhood. He listened all through the show and finally said, with the familiar twinkle, "I bet you really think you'd make a terrific mother." The audience roared.

The last thing she said to him on the air that day was: "You're wonderful. You really like women. And the woman in your life is very lucky."

Three years later, she was the only woman in his life and she was the stepmother to his five children.

Do you call yourself a "stepmother"? I asked.

"Well, of course," she said. "That's what I am. The kids have a mother. I'm their friend." She laughed. "The *older* friend."

Were you afraid of marriage?

"Afraid is not the word!" she laughed. "I *dreaded* marriage!

"Marriage, as an institution, never seemed to me what I could think of as 'fair play.' I looked at the model of marriage I saw in the homes of my eight Lebanese uncles and it was the man as boss and the woman as helper. I knew I would never be able to do what my aunts did, so marriage just scared me to death. For my aunts, being a good wife and mother meant watching as everybody else danced around. I've never been a good spectator. I get restless at ball games. I want to *play*. I don't want to watch other people playing."

But most people figure, if they make a bad marriage, they can resort to divorce, I said. "Why didn't you think that way?"

She smiled. "I was a Catholic. I went to parochial schools. And Catholics really do feel that marriage is forever. I grew up with 'No Divorce.' You married a man, that was it, no divorce. Phil grew up the same way, that was why his divorce felt like such a terrible failure to him. One of the most vivid memories of my childhood is about one of my aunts. She was divorced. She was the only person in church who didn't go to communion. I remember how we all tripped over her legs as we went up to the altar, because she couldn't, she wasn't allowed. This was only twenty-five years ago, but being a 'divorcée'—that was the word they used then—it was like being a harlot."

She shook her dark head, as though shaking off that painful memory, and then grinned. "Between my fears of marriage and Phil's fears that another marriage might end in divorce, we were not exactly two people racing to the altar."

I asked her if she thought the women's movement encouraged her to stay single.

"The women's movement encouraged me to stay strong enough to be myself, for which I will always be grateful. To be confident enough to run my own race, just as my father told me to do. And I'm in love with a man with whom I can actually have it all: the career, the romance, the shared convictions, all of it."

Talking with Marlo I thought of all the women I knew who were struggling to work out the right balance for themselves between marriage and career. I thought of my own marriage, my job, the eternal juggling act with time and energy.

"Most women have to give up something when they marry," I said, still trying to find the towel Marlo had thrown in, the race she had stopped running when she married Phil Donahue.

Trading lifestyles

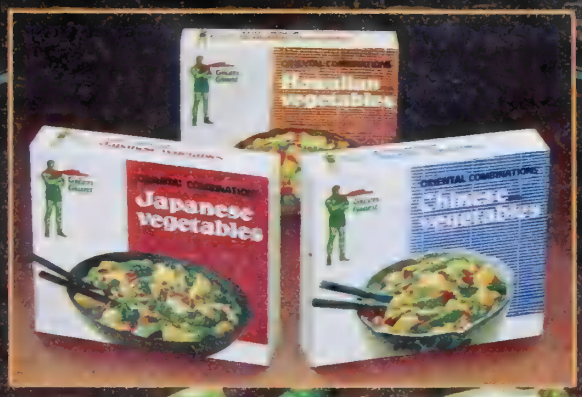
She laughed. "I gave up exactly the same thing Phil did," she said. "The single lifestyle. We really didn't give it up, in fact. We traded it in for a new lifestyle, a married lifestyle, which we wanted to share with each other."

"And don't you have to do a juggling act?" I asked. "Trading off time for this and time for that?"

"Oh, of course I do," she said. "But don't you see, we *both* do it. I fly out to Chicago to be with Phil when he's working and he flies into New York so we can be together when I'm working here, and sometimes the weather is bad and the plane is late and then we're both late for something. And sure, we get tired from all this flying around and juggling. But you don't give up the person you love for the things you do and you don't give up the things you do for the person you love. And that's what is right for us. And that's how we have it all."

I thought of my own daughter, my nieces, my over-30, still-single friend and wondered if it would be easier for them to "run their own race," to "have it all" as Marlo had said, now that this very committed woman had done just that.

Before we headed out onto the scorching summer streets, Marlo changed into another dress she had bought on her honeymoon. ("For fourteen dollars!" she beamed, as thrilled with the bargain as you or I would have been.) She had three appointments to keep that afternoon before catching the late plane to Chicago. By 11 o'clock that same night, she would be home, with her family. **End**



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Pick her up, she makes happy sounds.



Put her down, she cries for a little while.



In fact, Baby Soft Sounds feels so soft and huggable in your arms, and has such irresistible eyes, you'd adore her even if she never made a peep.

Battery not included.

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By Geraldine Carro

Babies Need Friends, Too!

New research shows that babies benefit from having playmates at much earlier ages than we once suspected. Here's why even a little child needs a buddy.

Who are a baby's best friends? Clearly his or her parents, those adoring adults who seem to know just when it's time for a diaper change, more milk or a warm hug. But while parents may be the center of a young child's universe, babies, like the rest of us, love having friends their own age.

This notion may sound surprising. Toddlers, after all, have a reputation for being too self-centered to pay much attention to other kids. Put them together in a sandbox with toys and, supposedly, they'll play *near*, but not *with* each other. According to current child-rearing books, they're engaging in "parallel play."

Not necessarily, says new research. There's more going on in those close encounters between babies than we've suspected. When toddlers sidle up to one another in the sandbox and make mud pies, they are making friends in their own babyish way. Before they are a year, children are capable of real social interaction, says Edward Mueller, a developmental psychologist at Boston University. And what's more, he maintains, they both enjoy—and benefit—from being together.

Why is it that we haven't credited little children with a capacity for friendship? Adults, says Dr. Mueller, aren't very adept at picking up the sorts of social signals babies send each other. "We adults are attuned," he explains, "to another kind of communication system." Unlike grownups, or older children, babies don't address other kids in anything that remotely resembles a full sentence or even necessarily with words at all. And they don't pause and wait politely for a friend to reply. Their exchanges are so rapid, he points out, that they easily escape our attention. "A whole toddler message may consist of banging on a table and then looking at another child," he says. To catch babies communicating, one has to observe them closely.

And that's just what Mueller and his colleagues have been doing. As a setting for their research, they have equipped a large, cheerful room with the kinds of toys that would put any child in a playful mood. There are baby bathtubs for water play, low slides that even a toddler still wobbly on his legs can negotiate and lots of chalk to make large scribbles on the blackboard. "Toys—especially ones that are too big for babies to grab away from each other—act as a magnet," he says, "bringing children together."

Also in the playroom are two video cameras. Their operators are hidden from the view of the play groups that Dr. Mueller has put together for his research.

His videotapes are fun to watch. Partly, of course, because toddlers at play are charming creatures, but also because the tapes are so persuasive. The cameras vividly capture the intimate exchanges between the children. Anyone who doubts the genuine fascination babies hold for one another and their impulse to express this would be convinced by these videotape close-ups.

In one scene, Robbie, chalk in hand, makes mad scribbles on a blackboard, while Jimmy watches intently. Jimmy follows suit with his chalk. Robbie then turns to him and utters, "Ga gee, ga gee." Jimmy says something that sounds like "Mumm, mumm, mumm." In response Robbie again says, "Ga gee, ga gee."

These toddlers aren't just talking a lot of gibberish, says Dr. Mueller. Like a parent who is the only person who can decipher his child's baby talk, he provides the translation: Robbie is talking about Della, the play group teacher whom he calls "Ga gee." Jimmy refers to her as mother, "Mumm." Robbie corrects his playmate. That's not mother, he says, that's "Ga gee." "There is real communication going on here," says Dr. Mueller.

The camera eavesdrops on another entertaining twosome: Billy and Chuckie, cymbals in hand, are engaged in a madcap musicale. First Billy claps his cymbals, then Chuckie. Soon both decide to bang the cymbals on the play table. They look at each other and laugh. This is obviously very funny stuff when you're not yet two years old.

Shared meanings

Although it may appear so, Billy and Chuckie are not engaged in just any random game, psychologist Mueller says. Taking turns at a play activity is a recognizable mode of social exchange at this age. Mueller has identified about 12 such patterns that form, he says, a whole dictionary of "shared meanings" among babies. As they play together, toddlers really are saying to each other such things as, "You and I are playing peekaboo," "You and I are exchanging a toy," or "You and I have agreed to chase after each other"—all, of course, without words. Children who start playing with others early, the doctor has found, tend to have the largest social vocabularies.

How important is such early interaction? "Being with peers clearly does enhance a young child's social skills and improves his ability to relate to other children. And since the ability to make friends is so important to our mental health," Dr. Mueller says, "why not start early?"

Still more reasons why babies benefit *(continued)*

Share some simple yummy Yuletide treats.

The magic of the holiday season calls for the magic of Eagle® Brand Sweetened Condensed Milk. Eagle Brand is a creamy smooth pre-cooked blend of milk and sugar. It's the secret to these chewy Magic Cookie Bars. Simply combine Eagle Brand with chocolate morsels, coconut, chopped nuts and graham cracker crumbs. Bake, cool, and serve. You'll find this great-tasting snack has Yuletide cheer in every bite. Makes a delightful gift, too! The easy recipe is below.





BORDEN

Magic Cookie Bars

(Makes 24 bars)

1/2 cup butter or margarine
1-1/2 cups graham cracker crumbs
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk
1 (6-ounce) package semi-sweet chocolate morsels
1 (3-1/2 ounce) can flaked coconut
1 cup chopped nuts

Preheat oven to 350° (325° for glass dish). In 13 x 9-inch baking pan, melt butter. Sprinkle crumbs over butter; pour sweetened condensed milk evenly over crumbs. Top evenly with remaining ingredients; press down gently. Bake 25 to 30 minutes or until lightly browned. Cool thoroughly before cutting. Store, loosely covered, at room temperature.

Mothering

continued

from a social life come from Judith Rubenstein, a psychologist at Tufts University Medical School. She has found, in her studies, that babies play at a much more sophisticated level with their toys when they have a little friend with them. Babies, it seems, bring out the best in each other.

"Putting babies together may not be critical or essential to their development," she says. "But I think it's very important." Not only does playing together enhance social skills, it gives babies "a sense of competence and self-confidence," she says. They then have the confidence to go ahead and try still other things.

Even at a tender age friends can provide each other with emotional support. By 18 months babies begin to separate from their mothers, explains Dr. Rubenstein. Having someone else to reach out to, a friend one's own age, she says, makes this process easier.

The baby's friends can also make life a lot easier for mother. In recent studies Dr. Rubenstein compared the behavior of mothers and toddlers in different social situations. She found that when mothers have an adult friend visiting, their babies demand extra attention. If, however, the friend brings her own baby along, this doesn't happen.

"If you want to have a long conversation with a friend," Dr. Rubenstein suggests, "invite a friend over for your baby, too." In general little children are a lot less fussy, less clinging and less demanding when they're with another child. Because the babies behave better, mothers, in these circumstances, are less likely to scold or reprimand them.

Toddlers are notoriously trying. And Dr. Rubenstein emphasizes, "If you're cooped up in an apartment all day with a toddler, you're in for a rough time."

A pediatrician, she notes, "will tell you to hire a baby-sitter and take off a day and go shopping." To this prescription she adds her own: "Have a child who's become your baby's friend in to play at least once once a week." Both she and psychologist Mueller think that toddlers can benefit from several hours a week in a well-run day-care center precisely because of the social contact it provides.

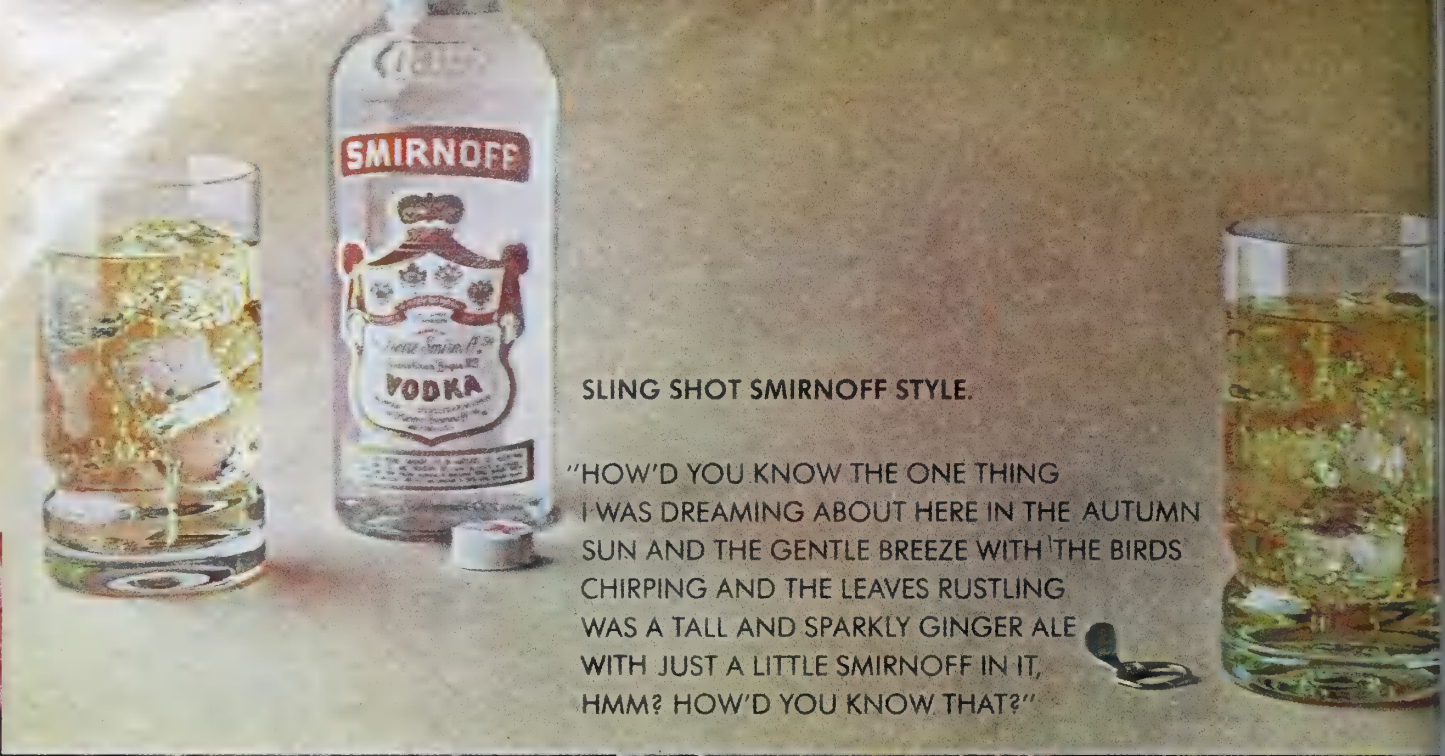
One reason that toddlers can be so impossible, in Dr. Rubenstein's view, is simply that they're bored. Another child makes life more interesting. "After all," she asks, "what grownup will jump off the stairs with you twenty times in a row?" "And who else," adds Dr. Mueller, "will bang the cymbals on the table with you?" The message from both these experts: Find a pal for your baby. Your baby will benefit—and so will you. **End**



"Sally, you shouldn't have moved–did we have a costume party! The Sawyers came as Tarzan and Jane, the Hannans were Romeo and Juliet, the belly dancer and the sheik turned out to be the Exlers. David and I dressed as our fantasy of each other...Hey, we really missed you." Good friends may move away, but a call invites them back into your life.

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HOPE CAN HEAL

An Open Letter to Today's Americans from the Founding Fathers

Editor's note: What would our Founding Fathers, who created the United States more than two centuries ago, say to a nation facing the results of a presidential election fraught with controversy? Norman Cousins, historian, best-selling author (Anatomy of an Illness) *and former editor of* Saturday Review, *writes an open letter to us all in their name.*

It is November fifth. You have just held your presidential elections. You are now pondering the results of those elections and what is in store for the country. To us, who founded the United States, what is most important about your elections is that this is the 48th time the American people have gone to the polls to choose their national leaders. No other major nation in the world, not even Great Britain, can boast of having held free elections over a longer period of time than the United States.

There are many good reasons for the longevity, but the main one is that our system of government has had built into it the most durable cushioning that history could design. By "cushioning" we mean the system's ability to absorb all sorts of shocks—recurrent scandals, misuse of power, ineffectual presidents—and become stronger in the process.

When we, the men who designed the government of the United States, met in Philadelphia two centuries ago, we looked forward and backward in history. We spent a great deal of time examining the causes of failure or breakdown in government. But we *(continued on page 180)*

A Vivid Episode From JAMES A. MICHENER'S New Novel... A Towering Saga Of South Africa

THE COVENANT

The Van Doorns are descendants of the original Dutch settlers. It is the 1830s, and young Minna has her heart set on a man she meets at the religious festival. A tumultuous story of love, family and conflicts — and South Africa — the background for Michener's newest epic work.

In 1828 Tjaart van Doorn was about as happy as a man could be. His farm at De Kraal was flourishing. His second wife, Jakoba, had begun to soften her harsh ways. And his daughter Minna was as pleasing a child as a father could have in his middle years. He was 39, stout, stocky, with a full black beard that started near his ears, covered his cheeks and chin, but left his upper lip clear. He wore heavy clothes: short jacket, calfskin vest, tieless shirt and stiff pants made of moleskin, with a huge flap that came across his middle and buttoned at his right hip. The pants were held up by a wide belt and stout suspenders, but the characteristic that identified him immediately, and wherever he stood, was a low-crowned hat, with a very wide, sloping brim, whose underside was bright blue.

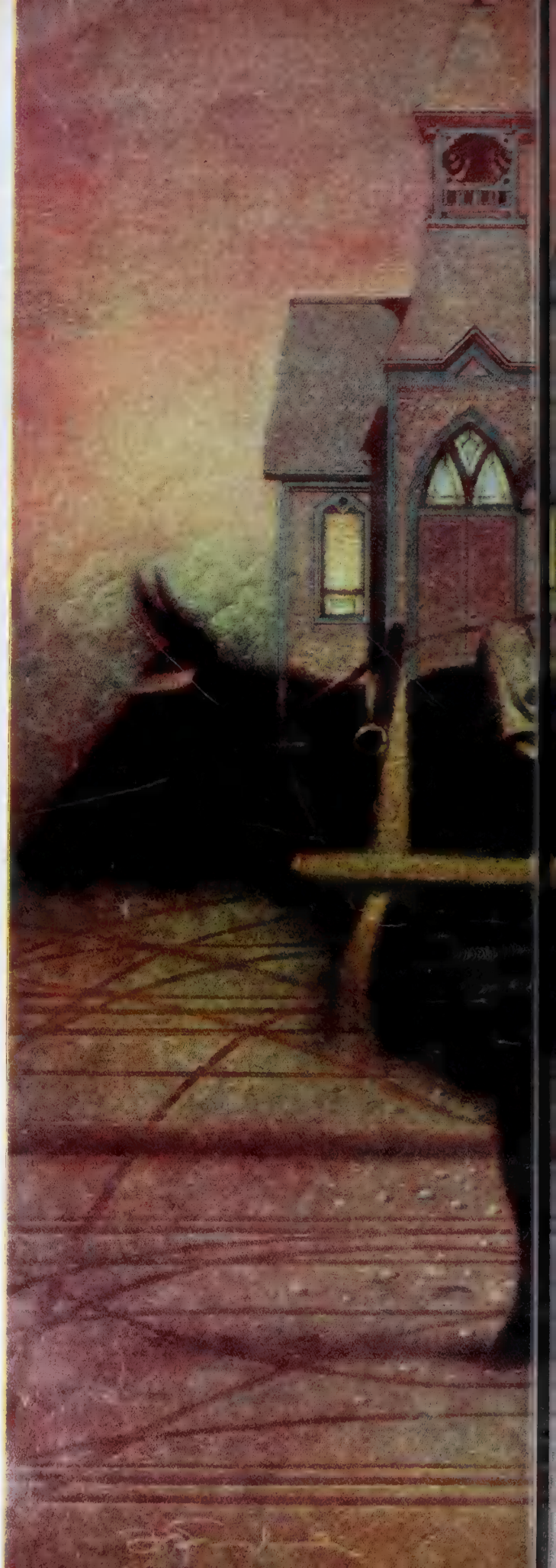
He had a right to take pride in his farm; from the fine start his father had given, he had augmented De Kraal in all respects. The basic holding was still that splendid valley set within protecting hills, with the copious stream running from the southwest right through the middle of the land to an opening at the northwest, from where it wandered on to make junction with the Great Fish River some miles farther on.

What Tjaart had done was to acquire from the government the right to use pasturage beyond the hills, and with the proceeds from his large herds, add to the clay-and-stone buildings that formed the heart of the farm. The house now had a spacious kitchen in which Jakoba could supervise the cooking; the servants and slaves occupied a chain of eight small huts linked together; calves had kraals with stone walls; and hay was stored in a spacious barn. Smaller buildings had proliferated for the safe holding of farm tools, feed and chicken roosts.

On a certain day in October when spring flowers made the veld a garden, Tjaart said at table, "We shall go to the next Nachtmaal."

(continued on page 168)

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PRIVATE LIVES



Little luxuries that make your private moments even more special. Sexy and personal lingerie . . . some for lounging around . . . or sweet catnaps. Others, pretty to wear as underlings later. All provide a charming lift to your most secret self. By Trudy Owett, Fashion Editor.



Breakfast-in-bed, above right, how grand! In a misty gray camisole and shorts, with ribbon, lace. By Character, in cottony lawn, $37 the set. • Time for beauty, insert top. Deep blues for an underwire bra ($10.50), swingy petticoat (nylon, $11). Both, Vanity Fair. • Morning warm up, insert left. Easy in a satiny bra ($7), tap pants ($8). Both, Maidenform, in nylon tricot.



Photographs by Barbara Bersell. Hair and makeup by Leonardo de Vega. Ballet slippers by Capezio, pearl bracelets by Richelieu. Bed linens by Des Camps; china by Porthault; silver by Christofle. Shopping information on page 173.

Stolen moments of exquisite privacy . . . to completely unwind . . . get in touch . . . feel sexy. • The sheer bliss of stretching out with a good book, below. In a flowing ivory gown (nylon tricot) with lacy and body-hugging top (nylon/Spandex). By Olga, $35. • Ponder your day as you put on your polish, insert left. Pretty in a faint pink sleep teddy, trimmed with scalloped lace, sprigged with rosebuds. By Val Mode, in crepe-y nylon, $19. • Pen a love letter; pour out your heart, insert right. Romantic underpinnings, ivory camisole ($24), over softly flared petticoat ($24). Both, Alice Maloof, in polyester peau de soie.



...from the Cultured Pearl Association and Marvella. Oriental rug from Harmil

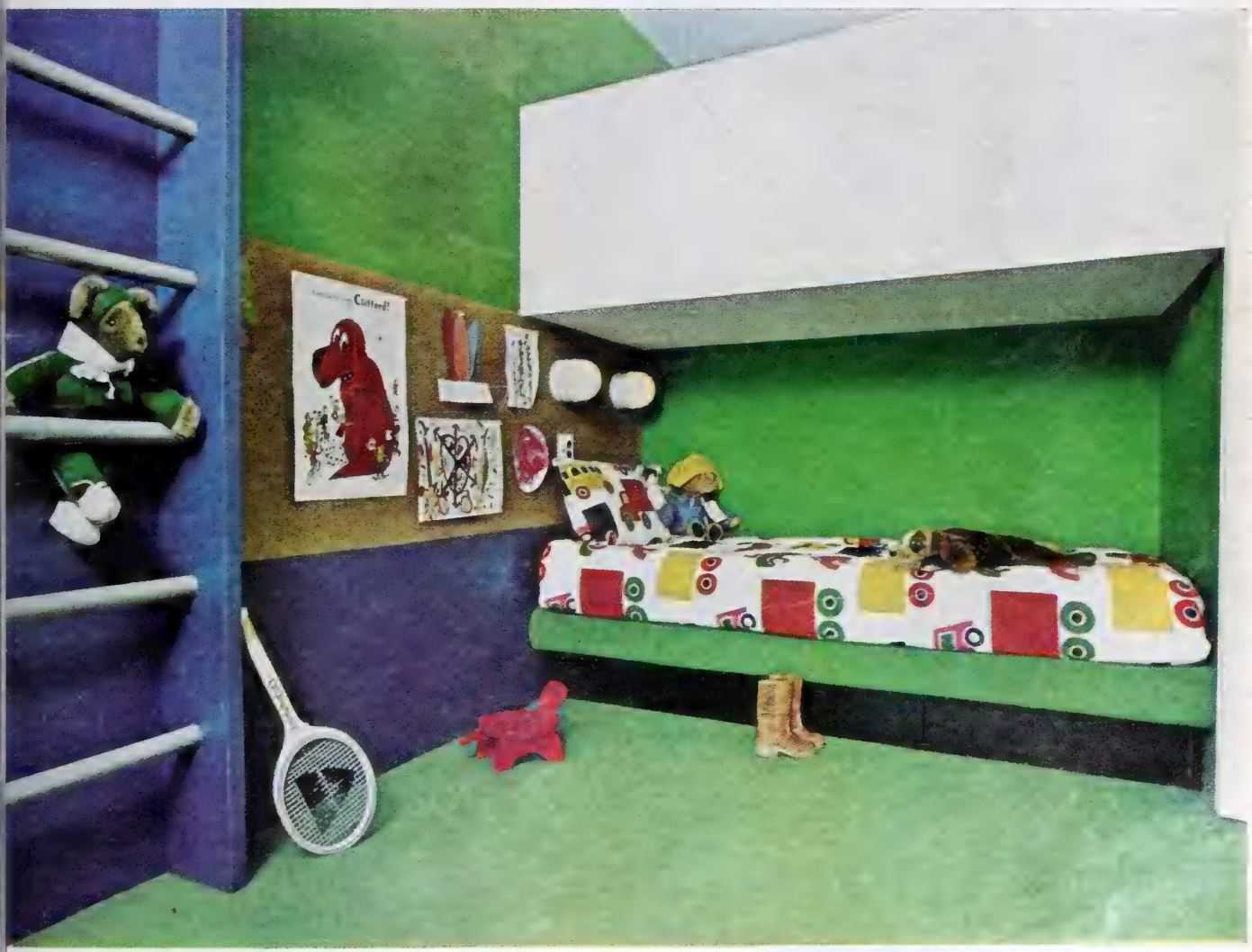




Photographs by Joshua Greene. Wallpaper, Whimsical Walls by Motif, "Buttercup" pattern, "Baby Ba Baa" border. Shopping information, page 173.

Kids' Rooms

Once a baby outgrows the pastel-and-bunting look, what next? The new trend for designers, architects and, more importantly, mothers is a common-sense approach. Space is designed for activity. Easy-care carpets; thin-slatted blinds (no fussy curtains to wash); sturdy wallpaper or paint with long-range appeal; fat comforters to make a bed in a wink—and plenty of shelves or catch-alls for collected treasures. Here are five good examples of rooms to grow in—for kids 6 months to 12 years of age. By Joan Tully, Home Editor.



Designed by architect Martin E. Rich

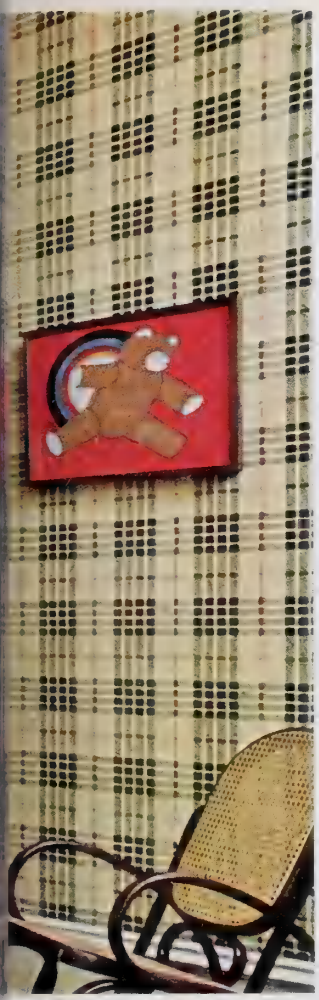
How does your garden grow? Light, bright and airy room (opposite) for Kristina Friberg, 6 months old, has grass-green carpeting, a recycled chest. Simple budded wallpaper has a frisky-lamb border that can be switched to something more serious as baby grows.

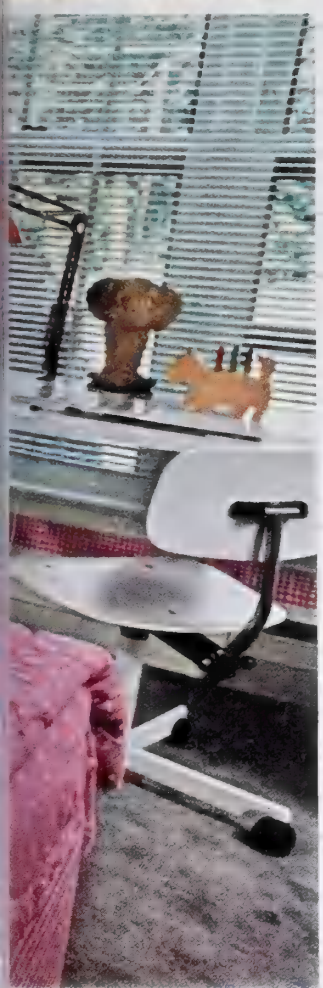


Back-to-back. Answer to tight apartment space was to divide one large room into two. Shown above, the 3-year-old boy's side, with recessed bunk bed (white panel is sister's sleeping area, facing opposite way). Bold colors add to the fun.


CARDINALS
22







Room designed by Bebe Winkler.

Shopping information page 173.

Kids' Rooms

It's no secret that kids like bright colors, plenty of playthings in sight. Don't fight it—help create a cheerful yet neat environment with little maintenance. Remember to update the look as they grow—investing in touches that reflect their personal quirks, endearing charms.



Wallpaper "Angels Hay" and "Hearts," Marimekko by Motif Designs.

Color it red, above. Anne-Marie Friberg, at 4½, is crazy about red. This happy color shows up in stylized flowers and mini-hearts on walls, ceiling, bed; a striped comforter; clear red rug. Scaled-down furniture was a bargain-find.

Built-in world, above left. This super-bed, made by 9-year-old Teddy Pepper's grandfather, includes a study area with sliding door for privacy, shelf space and a terrific slide. Plaid wallpaper and burnt orange carpeting complete the rugged image.

Artist-in-residence, opposite. A young collector (at 12) with visual talents uses durable lacquered desk to paint and sculpt, bedside tables to display her treasures. Room has sophisticated yet girlish look with brass bed, gingham.

DAPHNE DU MAURIER, author of ***Rebecca*** *and other classics, turns her hand to an intriguing short story about a wily actress and her fight to retain stardom. From a collection of du Maurier stories to be published this fall for the first time in the United States.*

LEADING LADY

He stood in the passage, his hat on the back of his head, a cigar hanging from his mouth. He pulled out an enormous watch and stamped his foot impatiently.

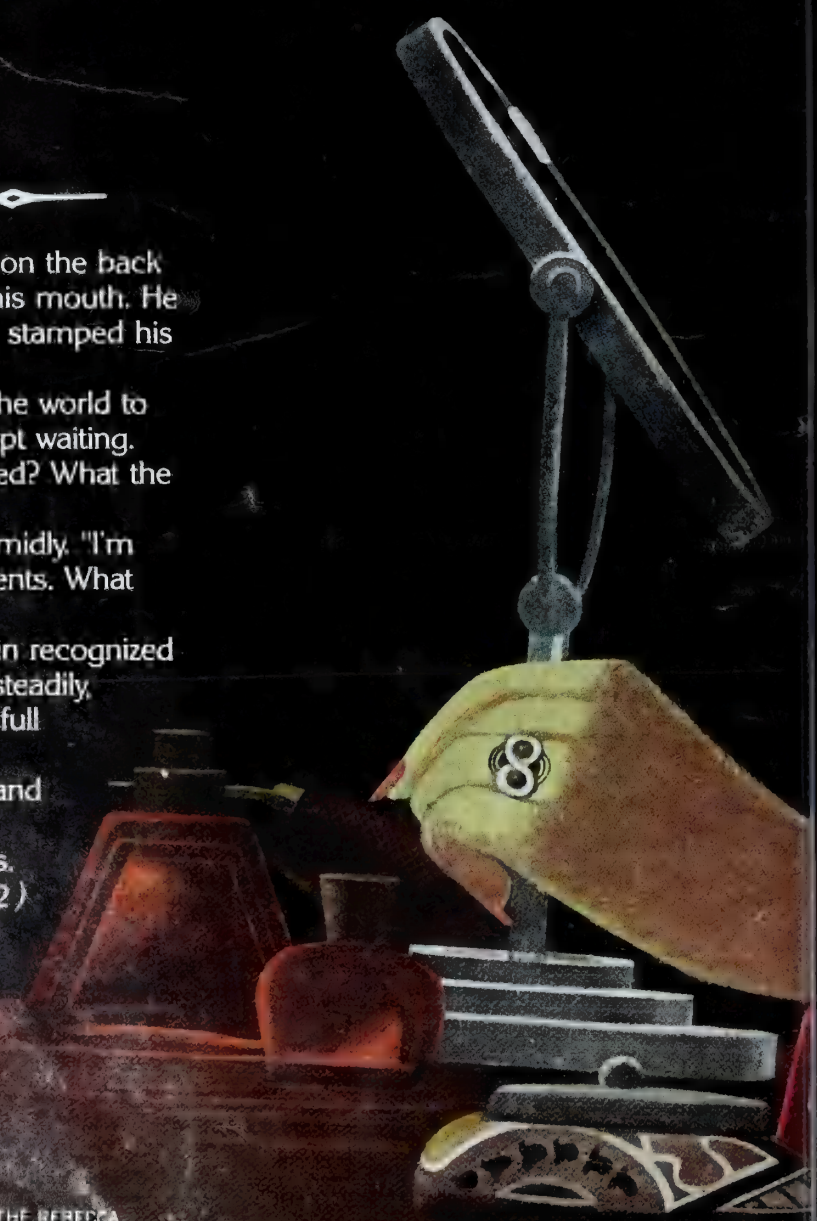
"Look here," he shouted, for all the world to hear, "I'm not accustomed to be kept waiting. Doesn't Miss Fabian know I've arrived? What the hell is everybody doing?"

The doorkeeper peered at him timidly. "I'm sorry, sir; it will only be a few moments. What name was it, sir?"

Damn it all, this fellow hadn't even recognized him! He looked at the doorkeeper steadily, waited so that he should grasp the full significance of his reply.

"Paul Haynes," he said superbly, and turned away. A frightened dresser appeared at the bottom of the stairs.

"Will you *(continued on page 162)*



Copyright 1952 by Daphne du Maurier. From the book THE REBECCA STORIES AND OTHER MEMORIES, by Daphne du Maurier, published by Doubleday & Company, Inc.



Something had to be done, thought Mary Fabian, as she sat before her makeup mirror. Martin Wilton must be prevented at all costs from playing the part. She would have to be careful, though; it was not going to be too easy.

SPECIAL JOURNAL BONUS: UP TO 50% DISCOUNT ON YOUR NEXT HAIRCUT.

HAIRCUTS THAT CHANGE YOUR LOOKS

Want a great haircut? A fast change of looks? It's no big deal now. You can go to any of the newer, smaller, more casual salons springing up in department store malls across the country–and come out looking terrific. To prove our point, we visited salons in four American cities and discovered a wonderful spontaneity and sense of style in each one. Here and on the following pages are the results of our trip: the "befores" and "afters" of ten women, quickly updated with no-worry, low-maintenance haircuts, whose attractive new looks better reflect their busy lifestyles. Plus . . . to make getting your haircut even easier, we're offering an incredible Glemby salon discount coupon that will save you up to 50% this coming month (for details, page 174). By Maureen Lynch, Health and Beauty Editor.

Photographs by Richard Blinkoff. Makeup by Jac Colello. All haircuts at Glemby salons.

ATLANTA

A trio of young, active women in Georgia's bustling metropolis need easy-care haircuts.

NEW BOUNCE AND SHINE

An avid theater buff, Louisa W. Coplin, 26, takes advantage of Atlanta's rich nightlife. During the day, she's employed in a real estate firm. Because of her hectic schedule, Louisa needed a little-care hairstyle. At Davison's salon, her too-long, fine hair was blunt cut for body and bounce. A fringe of bangs was added to frame her face, zero in on those big eyes. Style is extremely versatile: up or down, blown-dry or set on electric rollers for more volume. Makeup expert Jac Colello worked with soft colors: peach blusher to bring out her bones, and a haze of blue and lavender eyeshadows.

Blouse and sweater by Liz Claiborne.





FRESH AS A BREEZE

Excitement galore for Ramona Howard Young, 30. A freelance writer, she's married to a radio talk-show host, has a brand-new baby boy, Jason. Asked for a "quick-fix look for everyday." Terrific answer: to cut long layers into a classic "bob." It's fresh and young. A round brush was used to curve ends under while blow-drying. Makeup was kept in the brown family to complement her eyes.





SURPRISE! CURLS

A working mother (Christopher, 5), Sandra de Britain, 30, keeps an investment banking office running smoothly. Problem was what to do with very limp, short hair. Sandy's new look—a cap of curls—fun but still professional, came from a tight permanent. Shape, a rounded fullness, was cut in later. Wonderful eyes, bone structure sprang to life!

Sweater by Regina Porter for Porter House.



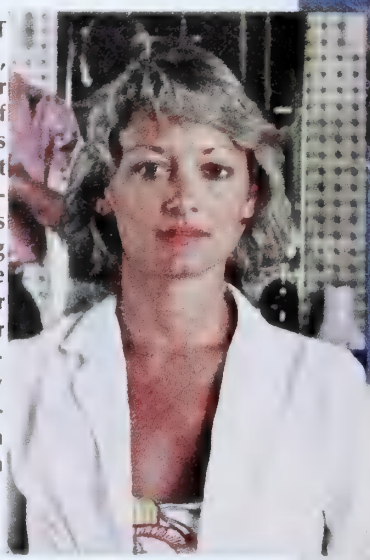


Blouse and sweater by Pat Ashley for John Meyer.

AUSTIN

Capital of Texas, a university town—here, versatility (for at-home or on the job) is a key styling point.





EASY DOES IT

Full of energy and smiles, Texas-bred Linda Taylor Andrews, 33, mother of two young boys, enjoys family camping jaunts at nearby lakes. At Scarborough's salon, Linda's "growing out" frosting was touched up at the roots, toned to soften. Her hair was layered all over for a fuller shape. Requires only a blow-dry or hot rollers for extra volume. Makeup in peach tones added a fresh bloom to Linda's fair coloring.

Blouse and sweater by Paula Saker.



SLEEKLY SOPHISTICATED

A sense of style, a sense of self—Mae Frances Jones, 35, works as an associate psychologist with the school system. Off-hours are currently spent refinishing an antique piano. Mae's hair had gotten too long, flyaway. For this new sleek style, the top was layered, the back swept up and curled forward to one side. Ends were tucked under, like a "seam" on top. Mae's brows (only halfway) were filled in—great cheekbones were played up with new burnt russet blusher.



Blouse by Regina Porter for Porter House.





SUDDENLY ROMANTIC
Caring and sharing at 22, Kathleen McFarlin works as a registered nurse at Mercy Hospital in Springfield. Her very thick, wild hair was overwhelming and detracted from rather delicate features. Solution: a layered cut, giving movement to the natural curl but kept long enough to tuck under a nurse's cap. Kathleen justs lets it dry naturally, adds "lift" with a pick. Makeup included soft lavender eyeshadow, a double coat of black mascara, pale peachy blusher under the cheekbones, a berry pink-red (matte) lipstick for a fragile look.

Blouse by Gloria Vanderbilt for Murjani.

SPRINGFIELD

In this historic (settled 1636), industrial Massachusetts city, life is full of New England informality; looks are easygoing.

AN AMERICAN CLASSIC
Always on-the-go, Patricia Stroumbos, 26, attends Springfield Technical College by day, holds down a job at night. Spare time is spent exploring back roads by motorcycle with her husband. At the "Shears at Sears" salon, Patricia's multi-layered (and limp) hair was blunt cut for optimum body; bangs were shaped. Result: an all-American pageboy, fresh and pretty, needing no setting (just a fast blow-dry for fullness). On her eyes, a new look: wine-colored shadow; also, wine blusher. Patricia's charming smile was emphasized by a coral-y lip color.





Sweater by Gloria Vanderbilt for Murjani.

DENVER

Cool Colorado mountain air gives these three busy women high energy, calls for the most carefree wash-and-wear hairstyles.



Sweater by Gloria Vanderbilt for Murjani.



SEXY NEW ALLURE

A mover, a doer–Marilyn Borger, 39, married with two growing boys, sells educational material from a major publishing house, is active in community affairs (president of Library Board, etc.), sings in a chorale and grows glorious roses. Her hair was a staid pageboy that tended to elongate her face. At The Denver salon, a color wash was first applied to even out sun-bleached ends, then a cut, following her natural wave and easy blow-dry. Marilyn needs a conditioner after every shampoo to counteract brittle hair. Finished look is sexy, carefree. Her eyelashes were curled, then coated with mascara.

★★★ **Turn to page 174 for discount coupon good at participating Glemby salons in the U.S.A. and Canada.** ★★★





FUN TO BE CASUAL

Lois Eakle, 39, a single parent, adores teaching American history (high school level), swims and skis. Her layered hair, longer in back, over-emphasized a high forehead, oblong-shaped face. A quick clip and bangs added balance. Hair was trimmed for a casual new line and style. A color wash, close to natural, covered old "frosting" and gray. Lois had problem skin: blotchy, dry due to sun. A rich moisturizer, then dabs of concealer formed a good, even base.

Shirt and blazer by Liz Claiborne.



FREE AND CLEAR NOW

Basically confident of her looks, Phyllis Bryant, at 51, models for a local boutique, plays tennis to stay in super shape. Yet she adhered to a common misconception among older women: that hair combed forward softens the face. By cutting some weight out of her bangs and blowing hair back, Phyllis' looks opened up, her eyes seemed instantly brighter. A deep conditioner shined the gray. Phyllis' focal point—her eyes—were played up with dark blue shadow and liner, champagne on inner lid, pink highlighter on brow bone.

Jacket and sweater by Paula Saker.

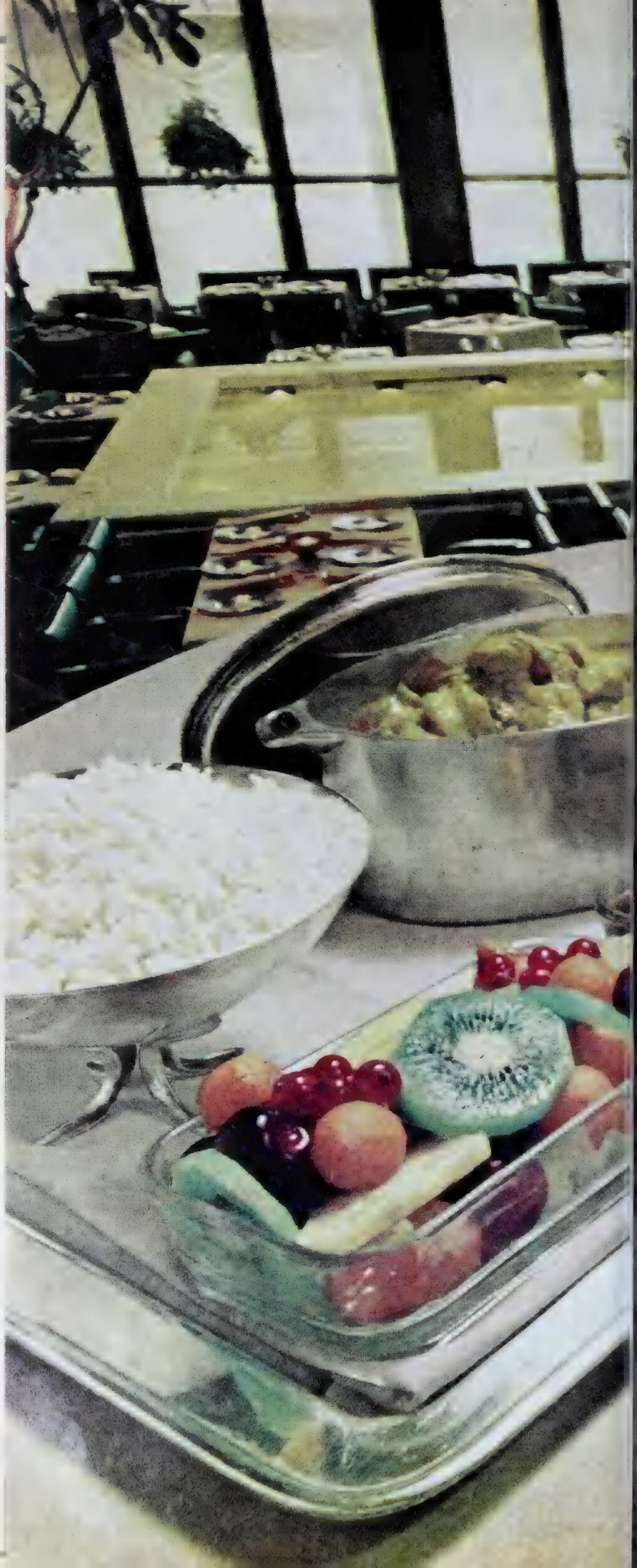
THE FOUR SEASONS COOKBOOK



It stands to reason that great restaurants gather great recipes as they dazzle their patrons day by day. One such restaurant is The Four Seasons in New York which, by publishing a new cookbook, allows us to re-create the same memorable meals at home. According to co-owners/ authors Paul Kovi and Tom Margittai, the emphasis is on entertaining with "elegant simplicity." Our selection comes from a brilliantly creative chapter on chicken, a readily available, budget-wise food that's been elevated here to party status—from a delicious curry to a special pot pie.

Clockwise from left: • Chicken and Shrimp Curry, wonderfully creamy and spicy, and Flavored Rice, exotically tinged with jasmine tea, orange rind. Condiments include Marinated Fruits, Peach Chutney and Sambal: a crisp mixture of onions, nuts, coconut; Kroupak puffy bread (no recipe). • Bar Room Chicken Pot Pie, wine-flavored chunks of chicken, fresh tarragon, puff pastry crust. • Breast of Chicken with Glazed Apples, slices of white meat coated with mustard, herbs, breadcrumbs. • All recipes, including a simple grilled Chicken Paillard and Lime Broiled Breast of Chicken with green mustard, honey, start on page 134.

Copyright © 1980 By Tom Margittai and Paul Kovi. From the forthcoming book, THE FOUR SEASONS, by Tom Margittai and Paul Kovi, editor, Barbara Kafka, to be published by Simon & Schuster. Printed by permission. Photograph by Nick Samaridge.









Aristocratic airs—noble cakes that add a touch of class to your holiday table. We've taken one basic white cake (soaring three layers high) and made six gala versions by varying fillings and frostings. Shown here, the voluptuous Lady Baltimore, regally layered with golden raisins, figs, pecans and cherries, dressed with a froth of white fluff. Treasury of recipes, including a Queen of Hearts, majestic with cranberries, and a lemony Princess Daisy, on page 118.

Lady Baltimore and other courtly cakes

Photograph by André Gilkardin

Scandinavian Delights

How America Entertains

HOLIDAY SMORGASBORD
(SERVES ABOUT 25)

COCKTAILS NORWEGIAN DEVILED EGGS
CAVIAR DIP WITH ENDIVE
CHEESE BOARD/ASSORTED CRACKERS
LIVER PÂTÉ
SMORREBROD (OPEN-FACED SANDWICHES)
GRAVLAX WITH MUSTARD DILL SAUCE
BAKED HOLIDAY HAM HERRING SALAD
CUCUMBER SALAD
MEATBALLS WITH LINGONBERRY SAUCE
STUFFED MUSHROOMS SWEDISH LIMPA
BEER AQUAVIT
CARDAMOM CREAM PUFFS COFFEE

The key to preparing a lavish Scandinavian spread is: Do one dish at a time. The cream puff shells and Limpa bread can be made a month in advance, frozen. Yet because of the sheer magnitude and last-minute details, we suggest asking a friend or two for a helping hand. Shopping list, timetable and recipes, page 120.



Smörgåsbord literally means "bread and butter table," but translates more freely into "a little bit of everything." Best about this typical Scandinavian spread—you can select your favorites and make 3-4 dishes for a mini-feast or go all out when entertaining a crowd. Stars of the buffet are *gravlax*, delicious orange-pink salmon (cured at home with salt, dill, peppercorns) and cranberry-bedecked ham. Let guests sample the wealth of tastes, along with mugs of beer and shots of icy *aquavit* ("the water of life") as you give the traditional toast to good health—*"Skoal!"* By Sue B. Huffman, Food Editor.

Photograph by Nick Samaridge

courtly cakes

continued from page 115

ROYAL 3-LAYER WHITE CAKE

These elegant, light layers serve as the base for all our festive cakes.

1½ cups sugar
½ cup butter, margarine or shortening
1 cup milk
1 teaspoon vanilla extract
2 cups all-purpose flour
2 teaspoons double-acting baking powder
½ teaspoon salt
4 egg whites

Preheat oven to 350°F. Grease and flour three 8-inch round cake pans; set aside.

In large mixer bowl with electric mixer at medium-high speed, cream sugar and softened butter, margarine or shortening until light and fluffy, scraping sides occasionally. Reduce speed to low and slowly pour in milk; add vanilla and mix to blend.

In small bowl combine flour, baking powder and salt; add all at once to creamed mixture and continue beating just until mixed. Add egg whites, continue beating just until smooth. *Do not* overbeat.

Divide batter evenly into pans. Bake 25 minutes or until toothpick inserted in center comes out clean. Cool in pans on wire racks 5 minutes, then remove and cool completely on wire racks before filling or frosting.

LADY BALTIMORE CAKE
pictured on page 115

The name comes from the romantic 19th-century novel, Lady Baltimore.

Royal 3-Layer White Cake
Filling
½ cup golden seedless raisins
½ cup finely chopped dried figs
½ cup finely chopped pecans
¼ cup chopped candied red cherries
2 tablespoons brandy
Frosting
1 cup sugar
¼ cup light corn syrup
¼ cup water
2 egg whites
¼ teaspoon salt
¼ teaspoon cream of tartar
1 teaspoon vanilla extract

Prepare cake as directed on this page.

In small bowl combine all filling ingredients; set aside for 1 hour.

In top of double boiler combine all frosting ingredients except vanilla; beat with portable electric mixer 1 minute. Place over boiling water and beat 7 minutes until soft peaks form. Remove from heat; add vanilla and continue beating 2 more minutes. Measure out 1 cup and fold into filling; set frosting aside.

Place one cake layer on plate. Spread half the filling, about 1 cup, on top. Add second layer; spread with remaining filling. Top with third layer. Frost with remaining frosting. Makes 12 servings, about 450 calories each.

QUEEN OF HEARTS CAKE
pictured on this page

The filling's cranberries—with apples thrown in. Perfect for your holiday table.

Royal 3-Layer White Cake
Filling
1⅓ cups fresh or frozen cranberries
⅔ cup peeled, cored and chopped apple
⅔ cup sugar
Water
¼ teaspoon grated lemon peel
Dash cinnamon
2 teaspoons cornstarch
Frosting
1 cup heavy or whipping cream
¼ cup sour cream
3 tablespoons confectioners' sugar
½ teaspoon vanilla extract
Cranberries and mint leaves for garnish

Prepare cake as directed on this page.

In medium saucepan combine filling ingredients except cornstarch. Heat to boiling; reduce heat and simmer 10 minutes. Meanwhile, stir cornstarch into 1 teaspoon water until smooth. Stir into cranber mixture and simmer 1 minute. Remo from heat; set aside. Refrigerate un cool, about 1 hour.

In small bowl with electric mixer be cream until it begins to thicken. A remaining frosting ingredients and be until soft peaks form.

Place one cake layer on plate. Spre half the filling, about ¾ cup, on top. A second layer; spread with remaining fillin Top with third layer. If desired, reserve cup frosting to pipe through pastry bag f ted with star tip. Frost cake with remaini frosting. Garnish and refrigerate until ser ing time, up to 24 hours. Makes 12 ser ings, about 400 calories each.

COUNTESS CASSATA CAKE
pictured on this page

This cake boasts a filling of ricotta, cho olate bits, almonds and whipped crea plus a grand, bittersweet frosting.

Royal 3-Layer White Cake
Frosting
4 squares (1 oz. each) unsweetened chocolate, melted
¼ cup water
2¼ cups confectioners' sugar
2 egg yolks, slightly beaten
5 tablespoons butter or margarine, softened
½ teaspoon vanilla extract
Filling
1 cup ricotta cheese
¼ cup chopped semisweet chocolate pieces
¼ cup chopped toasted blanched almonds
3 tablespoons sugar
1 teaspoon grated orange peel
½ cup heavy or whipping cream, whipped
¼ cup chopped toasted blanched almonds, for garnish

Prepare cake as directed on this page.

In medium bowl combine all frostin ingredients. Beat until smooth; set aside

In medium bowl combine all fillin ingredients except cream. Gently fold i whipped cream.

Place one cake layer on plate. Sprea half the filling, about 1 cup, on top. Ad second layer; spread with remaining fill ing. Top with third layer. Frost cake. Gar nish with almonds, if desired. Refrigerat until serving time, up to 24 hours. Make 12 servings, about 580 calories each.

PRINCESS DAISY CAKE
pictured on this page

Lemon fanciers will be partial to thi variation.

Royal 3-Layer White Cake
Filling
¾ cup sugar
2 tablespoons cornstarch
Dash salt
¾ cup water
2 egg yolks, slightly beaten
3 tablespoons fresh lemon juice
1 tablespoon butter or margarine
1 teaspoon grated lemon peel
Frosting
1½ cups sugar
⅓ cup fresh lemon juice

(continued



From left, clockwise: Countess Cassata Cake, Princess Daisy, Queen of Hearts.

Chicken tastes better when you remember the Campbell's



icken Cacciatore



lb. chicken parts
tbsp. flour
tbsp. olive oil
can (10¾ oz.) Campbell's Tomato Soup
cup Chianti or other dry red wine
cup sliced onion
up sliced, fresh mushrooms (about ¼ lb.)
sp. basil leaves, crushed
sp. oregano leaves, crushed
2 large cloves garlic, minced
1 small bay leaf
1 small green pepper, cut in strips

Dust chicken with flour. In skillet, brown chicken in oil. Add soup, wine, onion, mushrooms and seasonings. Cover; cook over low heat 30 min. Add green pepper; cook 15 min. more or until done. Stir occasionally. Remove bay leaf. Makes 4 servings.

FREE MICROWAVE INSTRUCTIONS are available for these recipes. Send requests to: Microwave Ad Recipes, Box C 11106, Philadelphia, PA 19136

Chicken Crunch Olé



1 can Campbell's Cream of Chicken Soup
⅓ cup water
¼ tsp. hot pepper sauce
2 lb. chicken parts
⅓ cup flour
2 cups finely crushed, taco-flavored corn chips
2 tbsp. melted butter or margarine

Mix soup, water and hot pepper sauce. Dust chicken with flour; dip in ½ cup soup mixture. Roll in chips. Place on rack in shallow baking pan. Drizzle with butter. Bake at 350°F. for 1 hr. or until done. Heat remaining sauce; serve with chicken. Makes 4 servings.

Campbell Cookbook Offer

Please indicate the number of hard-cover cookbooks you'd like to order in the space provided below:

"Cooking with Confidence in your Microwave" @ $7.95 ea. _____

"The International Cook" Cookbook @ $4.00 ea. _____

"The Creative Cook" Cookbook @ $3.95 ea. _____

THEY MAKE IDEAL GIFTS.

Send check or money order with your name, address and zip code to Cookbook, Box 1305, Maple Plain, MN 55[illegible]. Offer good only in U.S.A. Void if taxed, restricted or forbidden by law. Offer expires 12/31/81. Campbell Soup Co., Camden, NJ 08101.

They always eat better when you remember the soup.

courtly cakes

continued

2 egg whites
1 tablespoon light corn syrup
¼ teaspoon cream of tartar
Dash salt
5 drops yellow food coloring (optional)
Candied lemon peel for garnish (see Editor's Note)

Prepare cake as directed on page 118.

For filling, in small saucepan mix sugar, cornstarch and salt. Add water, yolks and lemon juice; stir until smooth. Stirring constantly, cook over medium heat until thickened. Boil 1 minute. Remove from heat; add butter or margarine and lemon peel. Cover with plastic wrap; refrigerate until cooled, about 30 minutes.

In top of double boiler combine all ingredients for frosting except coloring; beat 1 minute with portable electric mixer. Place over boiling water and cook, beating constantly, until frosting forms soft peaks, about 7 minutes. Remove from heat, add coloring and beat an additional 2 minutes.

Place one cake layer on plate. Spread half the filling, about ¾ cup, on top. Add second layer; spread with remaining filling. Top with third layer. Frost cake. Garnish with lemon peel, if desired. Makes 12 servings, about 435 calories each.

Ed. Note: To make candied lemon peel for garnish, use a vegetable peeler to remove the peel from the lemon. Cut into slivers about 1 inch. Dip slivers into beaten egg white, then into 2 tablespoons sugar. Place on waxed paper to dry, about 30 minutes.

BARONESS BAROQUE CAKE

If you—like us—always eat the filling out of German chocolate cake, now you can eat the filling out of white cake, too.

Royal 3-Layer White Cake
1¼ cups evaporated milk, undiluted
1 cup sugar
½ cup butter or margarine, cut into 8 pieces
3 egg yolks, slightly beaten
1 teaspoon vanilla extract
1⅓ cups flaked coconut
1⅓ cups chopped pecans

Prepare cake as directed on page 118.

In medium saucepan combine milk, sugar, butter or margarine, yolks and vanilla. Cook over medium heat, stirring constantly, until mixture thickens and begins to boil, about 10 minutes. Remove from heat; stir in coconut and pecans. Set aside to cool.

Place one cake layer on plate. Spread with about ½ cup frosting. Add second layer; spread with another ½ cup frosting. Top with third layer. Frost cake with remaining frosting. Makes 12 servings, about 565 calories each.

DUCHESS OF MOCHA RICA CAKE

A cordial and coffee-spiked chocol mousse filling that's to die over.

Royal 3-Layer White Cake
Filling
¼ cup sugar
¼ cup water
½ cup semisweet chocolate pieces
2 tablespoons strong, brewed coffee
1 egg, slightly beaten
1 tablespoon amaretto or rum
¾ cup heavy or whipping cream, whipped
Frosting
1¼ cups heavy or whipping cream
2 tablespoons confectioners' sugar

Prepare cake as directed on page 118.

In small saucepan combine sugar ar water. Heat to boiling, stirring constantl until all sugar has dissolved. Remov from heat. Add chocolate pieces; stir unt melted. Stir in coffee, egg and amaretto or rum. Return to heat and bring to boil, stirring constantly. Remove fro heat and cool until lukewarm. Fold i whipped cream and chill for 1 hour.

In medium bowl beat cream for fros ing until it starts to thicken. Add suga continue beating until soft peaks form.

Place one cake layer on plate. Sprea half the filling, about 1 cup, on top. Ad second layer; spread with remaining fil ing. Top with third layer. Frost cake wit whipped cream. Refrigerate until servin time, up to 24 hours. Makes 12 servings about 485 calories each. **En**

Scandinavian Delights

continued from page 117

FOOD CHECKLIST

½ pound kielbasa or Polish sausage
½ pound salt pork
1½ pounds calf's or beef liver
1 pound ground veal
1 pound ground pork
1 pound ground beef
1 (12-14 lb.) fully-cooked smoked ham, bone-in or 1 (10 lb.) boneless ham
25 medium shrimp
1½ pounds marinated herring
4 lb. piece center-cut fresh salmon or 1 (7 lb.) fresh bluefish
Small bag medium rye flour
Coarse (kosher) salt
White peppercorns
Ground cardamom
4½ cups beef broth
2 jars (10 oz. each) lingonberries
1 can (16 oz.) sliced beets
1 bottle white wine vinegar
2 jars Dijon mustard
1 medium jar dill pickles
1 small jar pickled gherkins
1 jar capers
1 (4 oz.) jar red salmon caviar
1 box unflavored gelatin
1 box dark seedless raisins
1 bottle molasses
3 packages active dry yeast
1 loaf white bread
1 loaf each party rye and pumpernickel bread
1 box unsalted soda crackers
Assorted crackers for cheese and pâté
1 carrot
2 to 3 bunches green onions
Fresh chives or green onion tops
3 small red onions
5 pounds all-purpose potatoes
2 pounds medium mushrooms
8 large cucumbers
6 endive
2 heads romaine lettuce
4 to 5 bunches fresh dill
2 to 3 bunches parsley
3 lemons
1 orange
2 large apples
1 bag cranberries
Assorted cheeses for cheese board (we used Jarlsberg, Nokkelost, Danish Blue and Swedish Fontina)
Grated Parmesan cheese
1 package (3 oz.) cream cheese
1 pint heavy or whipping cream
1 pint sour cream
1 pint half and half cream (for coffee)
1 pound sweet butter
4 dozen eggs (don't buy three dozen of these until 3 to 7 days before the party)
1 package (10 oz.) frozen chopped spinach
Beer, aquavit, liquor and wine

Staples to have on hand:

All-purpose flour
Cornstarch
Sugar
Confectioners' sugar
Brown sugar
Salt, pepper
Dry mustard
Ground ginger
Ground allspice
Ground cloves
Whole cloves
Ground nutmeg
Thyme leaves
Dried dill weed (if not using fresh)
1 qt. mayonnaise
1 pt. salad oil
Vanilla extract
3 pounds onions
2 quarts milk
1½ pounds butter

SCHEDULE

Up to 1 month before:
1. Invite guests.
2. Inventory supplies.
3. Purchase ingredients for cream puffs (except filling) and Swedish Limpa.
4. Make cream puffs (do not fill) and bread freeze.

Up to 2 weeks before:
1. Purchase ingredients for meatballs; prepare (without sauce); freeze.
2. Order salmon and ham from market.

Up to 1 week before:
1. Inventory and purchase staples.
2. Begin making ice cubes; store in freezer.
3. Purchase beer, aquavit and liquor.
4. Prepare Mustard Dill sauce; cover and refrigerate.

Three days before:
1. Purchase rest of perishable ingredients.
2. Start Gravlax.
3. Prepare pâté.
4. Prepare deviled eggs but do not fill. Hard-cook 9 additional eggs for Herring Salad and pâté. Refrigerate all.

Two days before:
1. Turn salmon as directed in recipe.
2. Bake ham (do not garnish); cover with foil and refrigerate.

Day before:
1. Prepare Stuffed Mushrooms (do not bake); cover and refrigerate.
2. Prepare Cucumber Salad; cover, refrigerate.
3. Prepare Herring Salad (except apple) and dressing; cover and refrigerate separately.
4. Cook shrimp for open-faced sandwiches; cover and refrigerate.
5. Prepare custard for cream puffs; cover and refrigerate.
6. Place meatballs in refrigerator to thaw.
7. Turn salmon as directed in recipe.
8. Chill beer, wine and Aquavit (or ice down in tubs afternoon of party).
9. Set table.

(continued on page 124)



We put in cream but kept it lean!

Believe it! Light n' Lively process cheese product has a touch of cream — and still only half the fat.

So enjoy its all-American cheese flavor on salads, sandwiches, or for snacking. Try Light n' Lively process cheese product from Kraft, and taste the difference a little cream makes.

Light n' Lively
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Available in 8 and 16-slice packages.

M-M-M-MERRY

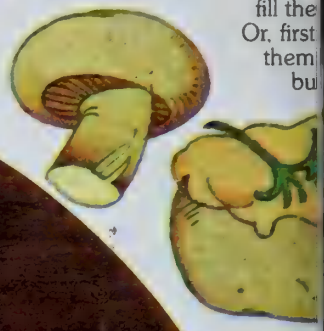
A TRAYFUL OF WAYS TO USE KRAFT JAR CHEESE SPREADS

We blend the cheeses and other good things so you can go right to the fun part . . . spreading, slicing, dolloping and enticing your way through the holidays. How-to's are right here with a way to get a tray that makes serving as much fun as snacking.

Celery. Just stuff whole stalks as usual. Then press three together and chill. Just before serving, slice crosswise into ½-inch pieces. Merry Crispness.



Mushrooms. Simply delicious. Just fill caps with KRAFT Pr Cheese Spread with Bacon fill the Or, first them bu





The T It's ha finished s walnut inches wide fold-flat hand Only $9.95 with two labels from KR Jar Cheese Spreads. says there isn't a Santa Cla

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MUNCHING.

uit Dip. Blend *two* 5-oz. jars of our)KA BLUE Brand Cheese Spread with up dairy sour cream. Chill. Dip in strawberries, fresh pineapple chunks, apple wedges and grapes.



ish Flowers. Cut four or thin slices into sides to petals. Dollop center with se spread. Pretty tasty.



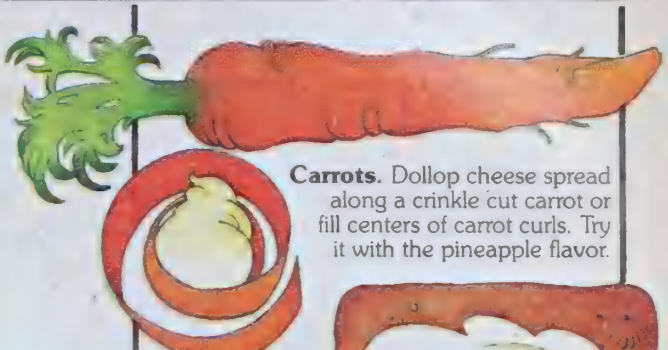
Ribbon Sandwiches. Trim crusts from slices of wheat and white bread. Spread with favorite cheese spread flavors. Alternate slices in triple lecker sandwiches, cut each into eighths.



Fancy Ham. Spread thin slices of ham with KRAFT Jar Cheese Spread. Roll each slice around a green onion, chill and cut bite-size. Also try pickle spears instead of onions. The more the merrier.

Inside-out Sandwiches. Top any favorite lunch meat with cheese spread and wrap around a bread stick.





Carrots. Dollop cheese spread along a crinkle cut carrot or fill centers of carrot curls. Try it with the pineapple flavor.

Crackers. The most traditional of nibbles. With a knife and a few jars of KRAFT Cheese Spread, it's a great season for traditions.





Zucchini. A fresh new crunch. Just slice zucchini diagonally, spread with cheese spread and deck them all with a little pimento.



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KRAFT

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We bring good things to life.

GENERAL ELECTRIC

Scandinavian Delights

continued from page 120

Morning of party:

1. Turn salmon as directed in recipe.
2. Prepare Caviar Dip; cover and refrigerate.
3. Add apple to Herring Salad, mix in dressing. Spoon into serving dish; cover and refrigerate.
4. Fill deviled eggs. Arrange on serving platter; cover and refrigerate.
5. Defrost bread.

Afternoon of party:

1. Fold whipped cream into custard filling. Spoon into serving dish; cover and refrigerate.
2. Defrost cream puffs; reheat. Slice puffs in half. Sprinkle with confectioners' sugar and arrange on platter.
3. Prepare open-faced sandwiches except for garnish. Arrange on platter; cover, refrigerate.
4. Unmold Liver Pâté; cover and refrigerate.
5. Arrange crackers for cheese and Pâté.
6. Slice Gravlax; arrange on platter. Garnish; cover and refrigerate.
7. Set up bar.

One hour before guests arrive:

1. Arrange cheese on board on buffet table (leave covered until guests arrive).
2. Garnish and slice ham and arrange on serving platter. Cover with damp towel; place on buffet table.

One half hour before guests arrive:

1. Set up coffee pot (brew later).
2. Reheat meatballs; prepare sauce.
3. Bake mushrooms.
4. Garnish open-faced sandwiches; place on buffet table.
5. Arrange remaining foods (except dessert) on buffet table.

One half hour before dessert is served:

1. Plug in coffeemaker.
2. Arrange cream puffs and filling separ on table. (Have guests fill their own.)

HOLIDAY SMORGASBORD

(Serves about 25)

COCKTAILS NORWEGIAN DEVILED EG
CAVIAR DIP WITH ENDIVE
CHEESE BOARD/ASSORTED CRACKER
SMORREBROD (OPEN-FACED SANDWICH
LIVER PÂTÉ
GRAVLAX WITH MUSTARD DILL SAUC
BAKED HOLIDAY HAM
HERRING SALAD CUCUMBER SALA
MEATBALLS WITH LINGONBERRY SAUC
STUFFED MUSHROOMS SWEDISH LIM
BEER AQUAVIT
CARDAMOM CREAM PUFFS COFFEE

All pictured on pages 116–117

NORWEGIAN DEVILED EGGS

Add herbs to half the filling mixture contrasting yellow and green stuffed e

25 hard-cooked eggs, peeled
½ cup finely chopped green onions
¼ cup butter, softened
1½ cups mayonnaise
1½ tablespoons Dijon mustard
3 tablespoons chopped fresh dill or 1 teaspoon dried dill weed
3 tablespoons chopped parsley

With stainless steel knife dipped in w for each cut, slice eggs in half. Rem yolks to small mixing bowl or bowl of f processor. Add green onions, butter, m onnaise and mustard to yolks and bl until smooth with electric mixer or f processor. Remove half the mix (about 1¾ cups). To remaining yolk i ture, add dill and parsley and stir u well combined. *(Can be made ahead this point. Store cooked egg white ha in a bowl, cover with water. Place yolk mixture in 2 separate covered c tainers. Refrigerate all up to 3 days.)*

Up to 4 hours before serving, sp yellow filling into pastry bag. Fill half egg whites; repeat with herb filling. you don't have a pastry bag, use a spo Cover with plastic wrap and refrige until serving time. Makes 50, about calories each.

CAVIAR DIP WITH ENDIVE

We served this with Belgian endive our smorgasbord, but it's equally g with crudités or crackers.

1 package (3 oz.) cream cheese, soften
1 pint sour cream
2 tablespoons lemon juice
3 tablespoons finely chopped green onions
1 jar (4 oz.) red salmon caviar
6 whole Belgian endive (about ¾ lb.)

Stir cream cheese in small bowl u softened. Beat in sour cream, lemon ju and finely chopped green onions. Ger fold in caviar. Chill until thickened. least 2 hours. *(Can be made ahead to t point. Cover and refrigerate up to hours.)* Garnish with additional gr onions and caviar, if desired. Serve dip with endive, crudités or unsal crackers. Makes about 3 cups, about calories per tablespoon. *(continu*

ree Coupon Keeper rom MIRACLE WHIP

Salad Dressing



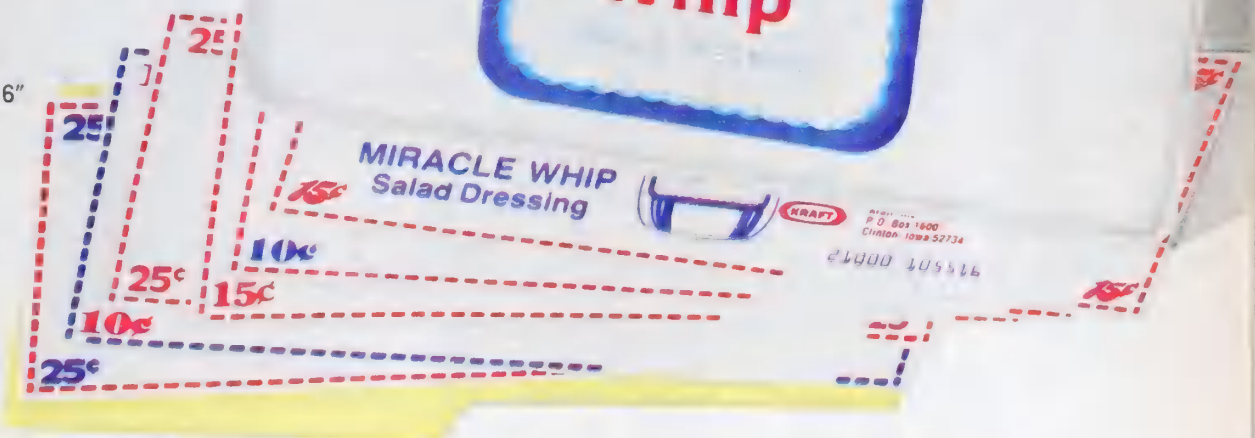


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Scandinavian Delights

continued

LIVER PÂTÉ

Calf's liver may yield a lighter, more delicious pâté, but this beef liver pâté is very tasty—and much less expensive.

1½ cups unsalted soda cracker crumbs
3½ cups beef broth
1 package unflavored gelatin
½ pound salt pork
1½ pounds calf's or beef* liver, well trimmed and cut into 2-inch strips
1½ cups finely chopped onion
2 tablespoons chopped parsley
1 teaspoon salt
½ teaspoon ground ginger
¼ teaspoon pepper
¼ teaspoon thyme leaves
⅛ teaspoon allspice
⅛ teaspoon cloves
⅛ teaspoon nutmeg
2 hard-cooked eggs
1 carrot, for garnish
1 green onion, for garnish

In medium bowl combine cracker crumbs and 1½ cups beef broth; set aside. In 2-quart saucepan sprinkle gelatin over remaining 2 cups broth; cook over low heat, stirring constantly, until dissolved completely. Remove 1 cup gelatin-broth mixture; set both aside at room temperature.

Remove rind from salt pork and discard. Dice pork and cook in a heavy skillet over medium-low heat until crisp and brown. With slotted spoon remove pork. Add liver to drippings in skillet; increase heat to medium-high and cook until browned and fully cooked. Remove liver. In remaining drippings cook onions and seasonings until tender. Grind pork, liver, onions, eggs and cracker mixture in a food processor with steel blade attachment or food grinder. (May be done in batches.) Add to gelatin in saucepan; mix well, cover and chill at least 2 hours.

Pour reserved cup of gelatin mixture into a chilled 9 x 5-inch loaf pan. Chill until sticky to the touch, about 30 minutes. Make cutouts of thinly sliced carrot and green onion tops to form a flower or any desired pattern and arrange on gelatin, pressing in slightly. Chill until firm. Carefully pack liver into mold. Cover and chill. *(Can be prepared in advance. Refrigerate up to 3 days.)* To serve, unmold by running thin knife around pâté. Dip mold into warm water for 15 to 30 seconds. Invert onto serving platter. Refrigerate until serving time. Makes about 7 cups, about 35 calories per tablespoon.
*If using beef liver, place in shallow bowl and pour on enough milk to cover; soak 30 minutes. Drain well on paper towels.

SMORREBROD (OPEN-FACED SANDWICHES)

A highlight of any smorgasbord. We give two variations but the variety is limited only by ingredients and imagination.

25 slices party rye
25 slices party pumpernickel
Butter, about ½ cup
Romaine lettuce
25 medium-size shrimp, cooked and peeled
3 small red onions, sliced ¼ inch thick
Kielbasa or Polish sausage (about ½ lb.), cut in ¼-inch slices
3 pickled gherkins, sliced ¼ inch thick
Mayonnaise
Fresh dill
Dijon mustard
Fresh parsley

Spread bread slices with butter. Place a damp towel over bread to keep moist while you work.

Top half the bread slices with one or two small lettuce leaves and a shrimp. Cover with a damp towel.

Top remaining slices with an onion ring and slices of sausage and pickle. Cover with a damp towel. *(Can be prepared in advance to this point, but do not garnish. Cover and refrigerate up to 3 hours.)* To serve, garnish shrimp with dab of mayonnaise and sprig of dill; top sausage with mustard and parsley. Serve immediately. Makes 50 sandwiches.

GRAVLAX (CURED SALMON)

If you can lay your hands on a fresh salmon, run, do not walk, to your fish market. Gravlax is fabulous—even non-fish lovers are often fans.

1 (4 lb.) piece center-cut fresh salmon, scaled, filleted and cut in half (see Ed. Note)
¼ cup coarse (kosher) salt
¼ cup sugar
2 tablespoons peppercorns (preferably white), crushed
1 bunch fresh dill, rinsed and drained
Lemon slices, for garnish
Fresh dill, rinsed and drained, for garnish

Rinse salmon under cold running water; pat dry. Combine salt, sugar and crushed pepper; rub some into skin of one piece of salmon. Place fish, skin side down, in shallow dish. Sprinkle with additional salt mixture. Top with dill. Rub remaining salt mixture into skin of second fillet. Place skin side up, rotating so that thick side of top fillet is resting on thin side of bottom fillet. Cover fish with plastic wrap. To weigh down fish, cover with a plate with heavy cans on top. Refrigerate at least 36 hours, turning every 12 hours and spooning juice over fish. (Will keep up to 1 week in refrigerator.)

Remove from marinade; scrape away dill and peppercorns and pat dry with paper towels. To slice, place fillet on carving board, skin side down. Cut thinly on the diagonal and detach from skin. Serve on platter garnished with lemon slices and dill. Accompany with dark bread and Mustard Dill Sauce (recipe this page). Makes 40 appetizer (1 oz.) servings, about 65 calories each.
Ed. Note: If you can't get salmon, follow directions for gravlax, substituting a 7-pound fresh bluefish. This isn't quite as pretty as the salmon gravlax, but it is tasty.

MUSTARD DILL SAUCE

½ cup Dijon mustard
1 tablespoon dry mustard
2 tablespoons lemon juice
2 teaspoons sugar
¼ teaspoon salt
2 egg yolks
1 cup salad oil
½ cup chopped fresh dill or 4 teaspoons dried dill weed

In small mixer bowl combine mustard, lemon juice, sugar, salt and egg yolk; beat until well blended. With mixer running on high speed, slowly add oil in fine steady stream. Beat 1 minute longer. Mix in dill. Cover and chill thoroughly. *(Can be prepared in advance. Refrigerate up to 1 week.)* Spoon into serving bowl. Serve with gravlax. Makes 2¼ cups, about 60 calories per tablespoon.

BAKED HOLIDAY HAM

A decorated ham lends a festive air.

1 whole (12 to 14 lb.) fully cooked, smoked ham, bone-in
Water
8 whole cloves
½ pound brown sugar
Chives or green onion stems, for garnish
Whole cranberries, for garnish
Parsley (optional)

Preheat oven to 375°F. Trim away all but 3-inch cuff of rind from hock end. Trim off excess fat leaving a ¼-inch thick covering. Place ham, fat side down, in deep roasting pan. Add enough water to cover ⅓ of the ham. Add cloves and stir in brown sugar. Bake uncovered on lower rack position for 1½ hours. Reduce heat to 325°F. Turn ham over. Score fat side into diamond shapes. Bake 1½ hours longer, basting occasionally during the last ½ hour. Cool at room temperature. *(Can be prepared in advance to this point. Refrigerate up to 2 days.)*

To prepare for serving, cut away uncored meat from back and underside of ham; slice and set aside. Decorate with chives or green onions and cranberries. Set ham on serving board. Surround with ham slices; garnish with parsley, if desired. Carve additional ham as needed. Store in refrigerator. Makes about 30 servings, about 70 calories per ounce.
Ed. Note: If bone-in ham is not available, buy a 10 lb. boneless ham and follow manufacturer's heating instructions. Garnish as for bone-in ham.

CUCUMBER SALAD

Fresh dill is best if available.

8 large cucumbers
⅓ cup sugar
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons water
¾ cup white wine vinegar
1 tablespoon chopped fresh dill or 1 teaspoon dried dill weed

Peel cucumbers. Slice thinly (should be translucent), by hand or in food processor. Pat with paper towels; transfer to large bowl. Combine

(continued)

Oh the festive nutty things you can do with Diamond Walnuts.



Prepare this feast and your family will gobble it up.

Buttery Walnut Stuffing

3 quarts coarse day-old bread crumbs
1 cup butter or margarine
2 cups sliced celery
1 cup sliced fresh mushrooms
1 cup coarsely chopped onion
2 teaspoons thyme, crumbled
½ teaspoon sage
1 teaspoon salt
¼ teaspoon pepper
½ cup giblet broth*
1 cup coarsely chopped Diamond Walnuts
¼ cup chopped parsley

Turn crumbs into large baking pan and toast lightly in oven at 350° F. for about 20 min., stirring once or twice. Melt butter in large skillet; add celery, mushrooms and onion. Saute lightly, stirring frequently. Stir in herbs, salt, pepper and broth. Pour over bread crumbs, tossing to moisten evenly. Stir in walnuts and parsley. Stuff into body cavity of turkey, or turn into baking dish and cover. To bake separately, bake for about 30 min. at 350° F. Uncover; bake 10 to 15 min. longer until top is lightly toasted. Makes about 2½ qts. stuffing, enough for 12-lb. turkey.

*Or, 1 chicken bouillon cube dissolved in ½ cup hot water.

Walnut Cranberry Relish

½ cup Diamond Walnuts
1 package (1 pound) fresh cranberries
2 medium oranges
1½ cups granulated sugar

Drop walnuts into rapidly boiling water; boil 3 min. Drain well and spread on flat baking pan. Bake at 350° F. for about 10 min. until crisp and very lightly browned.

Cool and chop. Rinse cranberries and oranges. Cut oranges into small wedges; remove any seeds. Grind, using fine blade (or process in food processor until finely ground). Grind cranberries, using coarse blade (or process, turning on and off, until coarsely chopped). Combine cranberries, oranges and sugar, mixing well. Chill until serving time. Stir in walnuts just before serving. Makes about 1 qt.



Oh the lovely nutty things you can do with Diamond Walnuts.

Walnut Vegetable Medley

¾ pound green beans
1½ pounds carrots
2 tablespoons butter or margarine
½ teaspoon grated lemon peel
½ cup Diamond Walnuts
¼ teaspoon seasoned salt

Cut beans into 1½-in. lengths. Pare and slice carrots. Cook vegetables separately in salted water just until tender-crisp, about 10 min. Meanwhile, melt butter with lemon peel in small skillet. Add walnuts and toast lightly over moderately low heat, stirring constantly. Drain vegetables and combine with walnut-butter mixture and seasoned salt. Turn into serving dish. Makes about 8 servings.

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emaining ingredients except dill and our over cucumbers; stir. Cover and hill overnight. Just before serving, drain ucumbers and garnish with dill. Makes 5 servings, about 15 calories per ¼ cup.

HERRING SALAD

n Scandinavia, herring is served almost very way imaginable. This salad is an specially good way to serve it.

can (16 oz.) sliced beets
) cups chopped marinated herring (about 1½ lbs.)
cups diced cooked potatoes
⅓ cup chopped dill pickle
⅓ cup chopped onion
½ cup chopped fresh dill or 4 teaspoons dried dill weed
2 tablespoons chopped capers
5 hard-cooked eggs, chopped
2 large apples, grated
Dressing
1 cup mayonnaise
½ cup sour cream
¼ teaspoon salt
⅛ teaspoon pepper
Romaine lettuce
One hard-cooked egg, for garnish

Drain beets, reserving ⅓ cup juice for dressing. (If not enough liquid, add water to yield ⅓ cup.) Chop beets; combine in large bowl with remaining ingredients except apples. *(Can be prepared in advance. Prepare dressing. Cover and refrigerate herring and dressing separately up to 24 hours.)*

Morning of party: Add grated apple to herring salad. Pour on dressing; toss until well coated. Cover and refrigerate until serving time.

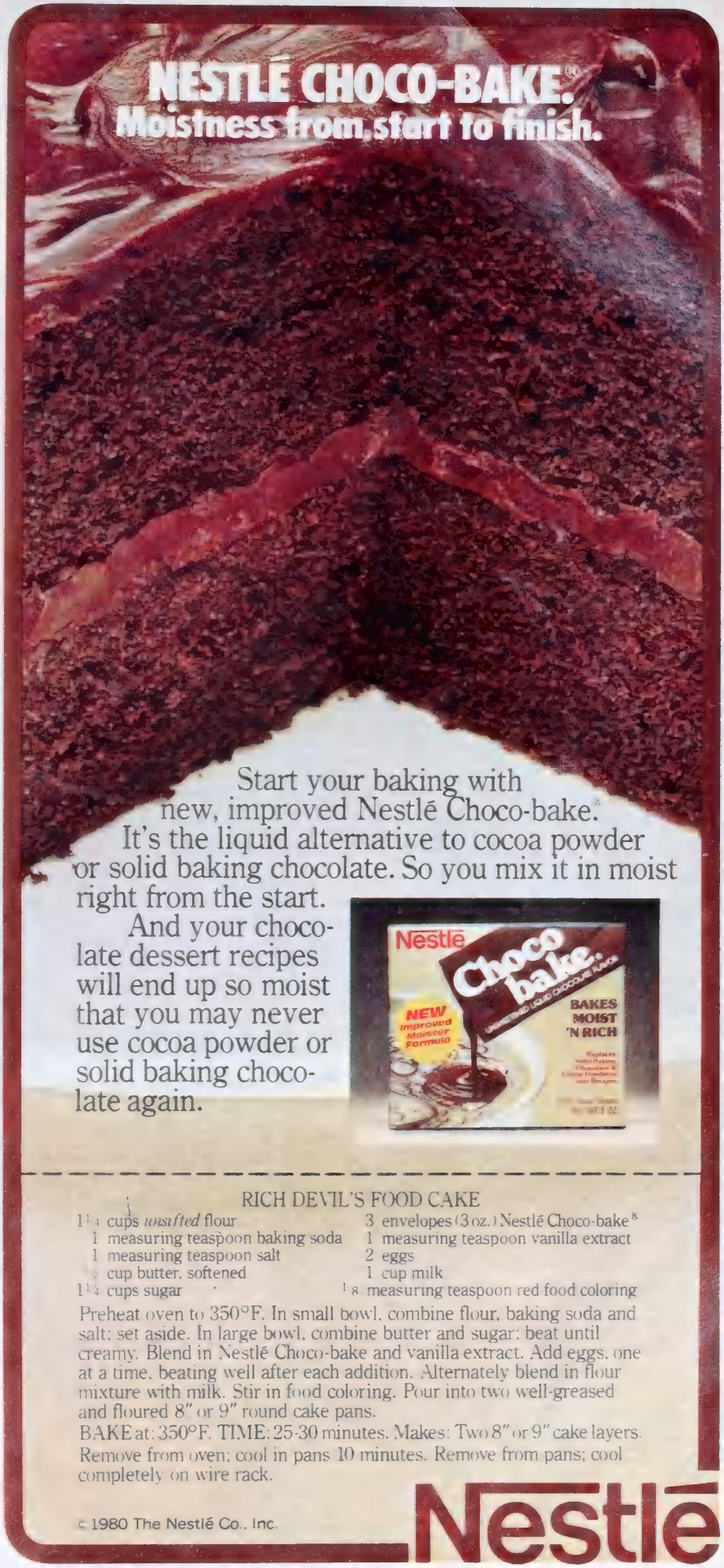
For dressing: In a small bowl combine mayonnaise, sour cream, reserved beet juice, salt and pepper. Toss into herring. Cover and chill thoroughly. Serve on Romaine leaves, garnished with egg slices, if desired. Makes about 12 cups, about 115 calories per ¼ cup.

MEATBALLS WITH LINGONBERRY SAUCE

If you can't find lingonberries (available in jars in specialty stores or supermarket gourmet sections), whole-berry cranberry sauce will do.

2 cups cubed white bread
5 tablespoons heavy cream
1 pound ground veal
1 pound ground pork
1 pound ground beef
1 medium onion, finely chopped
2 teaspoons salt
½ teaspoon pepper
¼ teaspoon nutmeg
¼ teaspoon allspice
2 eggs
2 jars (10 oz. each) lingonberries or 1 can (16 oz.) whole-berry cranberry sauce
1 cup beef broth
2 teaspoons dry mustard

Preheat oven to 350° F. In *(continued)*



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Scandinavian Delights

continued

large bowl soak bread in cream until absorbed. Add remaining ingredients *except* 1½ cups lingonberries, beef broth and mustard. Shape into 1-inch balls. (A melon baller or small scoop speeds up the process.) Bake in a non-stick jelly-roll pan for 20 minutes or until cooked through. *(Can be made ahead to this point. Remove from pan with a slotted spoon. Cool, cover and freeze up to 2 weeks. Thaw meatballs overnight in refrigerator.)*

To serve: Combine meatballs and beef broth in Dutch oven or large saucepot, cover and place over low heat until heated through. Combine remaining 1½ cups lingonberries with mustard. Pour over meatballs; stir in gently. Serve in chafing dish. Makes about 125 meatballs, 45 calories each.

STUFFED MUSHROOMS

Parmesan-flavored spinach makes the filling for these goodies.

2 pounds medium mushrooms (about 50)
4 tablespoons butter or margarine
1 package (10 oz.) frozen chopped spinach, thawed and drained
¾ cup heavy cream
½ cup grated Parmesan cheese
¼ teaspoon ground pepper
¼ teaspoon salt
⅛ teaspoon nutmeg

Clean mushrooms, separating stems from caps. Chop stems. In skillet melt 2 tablespoons butter or margarine; add stems and sauté over medium heat, about 5 minutes. Stir in drained spinach. Add heavy cream and heat just to boiling. Remove from heat and stir in Parmesan cheese, pepper, salt and nutmeg.

Place caps in a buttered 15½ x 10½-inch jelly-roll pan. Spoon spinach mixture into caps. Cover and chill. *(Can be made ahead to this point. Cover and refrigerate up to 24 hours ahead.)*

Preheat oven to 400°F. Melt remaining 2 tablespoons butter or margarine and brush on mushrooms. Bake 30 minutes. Makes 50 stuffed mushrooms, about 25 calories each.

SWEDISH LIMPA

A bread so delicious we can make a meal of it.

5 cups all-purpose flour
4 cups medium rye flour
6 tablespoons sugar
4½ teaspoons salt
3 packages active dry yeast
2¼ cups milk
¾ cup water
3 tablespoons molasses
3 tablespoons butter or margarine
2 teaspoons grated orange peel
1½ cups dark seedless raisins, chopped
Salad oil
1 egg white, slightly beaten

Combine flours in a large bowl. In large mixing bowl thoroughly mix 4 cups of the combined flours, sugar, salt and yeast. In small saucepan heat milk, water, molasses and butter or margarine over low heat until very warm (120°F.–130°F.). Butter or margarine does not need to melt.

With mixer at low speed, gradually add liquid to combined dry ingredients, beating until well mixed. Beat 2 more minutes, scraping bowl occasionally with rubber spatula. Beat in orange peel and 2 more cups flour. Beat at high speed for 2 more minutes. With wooden spoon stir in raisins and enough additional flour to make a stiff dough.

Turn dough out onto lightly floured surface. Knead 15 minutes or until smooth and elastic, adding more all-purpose flour if necessary. Cover with plastic wrap, then a towel. Let rest 20 minutes.

Meanwhile, grease 2 large cookie sheets. Divide dough into 3 equal pieces. Roll one piece to a 14x8-inch oblong. (If necessary, sprinkle board with flour to prevent sticking.) Roll up jelly-roll fashion from long side; pinch seam to seal. Place seam-side down on cookie sheet. Brush with oil. Repeat with remaining pieces of dough. Place two rolls about 3 inches apart on one cookie sheet; remaining roll on second cookie sheet. Cover loosely with plastic wrap. *(continued)*

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And now that everyone's cooled off and cooled down, who's ready for supper?

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RICH,

This stack of pancakes is topped with the leading brand of syrup.



paper until paper thin. Peel off top sheet of paper. Using round cookie cutter, cut in 1½-inch circles. Slide a cookie sheet (or any flat surface such as trays, inverted jelly-roll pans) under waxed paper and place in freezer to harden. Repeat with remaining topping. Once hardened, remove scraps; reroll and cut out.

To make cream puffs: Preheat oven to 375° F. Grease 3 large cookie sheets. In medium saucepan heat water and butter or margarine over medium heat until water comes to a boil and butter or margarine has melted. Reduce heat. Add flour and sugar all at once. Stir briskly with a wooden spoon until mixture forms a ball. Remove from heat. Cool slightly. Beat in eggs, one at a time, until well mixed. Drop batter by teaspoonfuls onto cookie sheets about 2 inches apart. Place topping round on each. Bake 25 minutes until golden brown. Cool on wire racks. *(Can be prepared ahead to this point. Freeze in plastic bags up to 1 month. To thaw, place on baking sheets in single layer and let stand at room temperature for ½ hour, then place in preheated 350° F. oven for 8 minutes. Cool on wire racks.)*

To make filling: In medium saucepan heat 1½ cups milk until tiny bubbles form around edge. In medium bowl combine sugar, cornstarch and cardamom. Stir in eggs and remaining milk. Gradually stir in scalded milk; return mixture to saucepan. Heat over medium heat, stirring constantly, until mixture comes to a full boil. Remove from heat; stir in butter or margarine until melted, then stir in vanilla. Cover surface with plastic wrap. *(Can be prepared ahead to this point. Refrigerate up to 3 days.)* When ready to fill, whip cream with 1 tablespoon confectioners' sugar until soft peaks form. Stir custard to soften; fold in whipped cream. Cut cream puffs in half. Spoon in filling, using about 2 teaspoons for each; replace tops. Sprinkle with confectioners' sugar. Refrigerate until ready to serve. Makes about 75 puffs (3 per serving), about 70 calories each. Store leftover cream puffs in refrigerator or freezer. **End**

Scandinavian Delights

continued

efrigerate 2 to 24 hours or let rise at room temperature 1 hour. When ready to bake, preheat oven to 375° F. If dough is hilled, remove one cookie sheet from refrigerator; uncover and t stand at room temperature 10 minutes. Brush with egg hite. Place on lowest oven rack position and bake for 40 inutes or until browned and sounds hollow when tapped. ool on wire racks. Repeat with remaining cookie sheet. *(Can e prepared ahead to this point. When fully cooled, wrap ghtly in freezer wrap or foil and freeze up to 1 month. To iaw, let stand, wrapped, for 3 hours at room temperature.)* lakes 3 loaves, about 70 calories per ½-inch slice.

CARDAMOM CREAM PUFFS

dmittedly a production, these little gems are deliciously worth he effort.

opping
- **6 tablespoons butter or margarine, softened**
- **3 tablespoons sugar**
- **¾ cup all-purpose flour**

ream Puffs
- **1½ cups water**
- **¾ cup butter or margarine, cut up**
- **1½ cups all-purpose flour**
- **1 tablespoon sugar**
- **6 eggs**

Filling
- **2 cups milk**
- **½ cup sugar**
- **3 tablespoons cornstarch**
- **1 teaspoon ground cardamom**
- **2 eggs, beaten**
- **2 tablespoons butter or margarine**
- **1 teaspoon vanilla extract**
- **½ cup heavy cream**
- **Confectioners' sugar**

o make topping: In small mixer bowl combine butter or argarine and sugar. Beat until light and fluffy, then blend in our. Roll out ¼ of the mixture between 2 sheets of waxed

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But this stack is topped with Golden Griddle.® It's richer-tasting than the leading brand, and it's naturally thick.

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FOUR SEASONS

continued from page 112

CHICKEN AND SHRIMP CURRY
pictured on page 112

Curries have long been popular in America. Chef Seppi Renggli of The Four Seasons, well acquainted with the cooking of the East, has developed a recipe which is halfway between the English sahib's cream curry and the true curries of the Orient.

1 tablespoon olive oil
1 teaspoon coriander seeds, toasted in a dry skillet for 5 minutes
½ teaspoon white peppercorns
2 whole cloves
¼ teaspoon red pepper flakes
1 teaspoon cumin seeds
2 tablespoons curry powder
1 teaspoon chopped fresh ginger
½ clove garlic
⅛ whole nutmeg
2 teaspoons kosher salt
1 quart chicken stock
1 cup dry white wine
2 cups heavy cream
4 tablespoons lightly salted butter
¼ cup all-purpose flour
¼ cup clarified butter
4 8-ounce whole boneless chicken breasts, cut into 1½ x ¼-inch pieces
1½ pounds medium shrimp, peeled and deveined

In a skillet heat the oil. When hot, add coriander seeds, white peppercorns, cloves, red pepper flakes and cumin seeds. Stir to avoid burning, then add the curry powder, tossing to blend. Place in a spice mill or coffee grinder with the ginger, garlic, nutmeg and salt. Grind to a powder. Set aside.

In a deep saucepan boil the stock and wine together until they reduce to 2 cups. In a separate pan, reduce the cream to 1 cup.

In a clean pan, melt the lightly salted butter. Add flour and cook, stirring, for 2 minutes, without letting mixture brown. Mix in prepared curry mixture. Add reduced stock and cream. Bring to a boil over medium heat, stirring. When sauce is thick and smooth, strain through a fine sieve into a clean saucepan.

Heat 2 tablespoons clarified butter in a large skillet and in it sauté the chicken, tossing, until seared on all sides. Heat remaining 2 tablespoons clarified butter in another skillet and sauté the shrimp in it for 1 minute. Add shrimp to the chicken and sauté together for 2 to 3 minutes, stirring. Spoon sauce over the shrimp and chicken mixture. Bring to a boil, stirring.

Serve at once with Flavored Rice, Marinated Fruits, Sambal and Peach Chutney. (See recipes following.) Makes 6 servings, about 845 calories each.

FLAVORED RICE
pictured on page 112

3 tablespoons jasmine tea leaves
Water
2 cups long-grain rice
2 small pieces orange rind

(continued)


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FOUR SEASONS

continued

Place tea leaves and ½ cup water in a small saucepan. Bring water to a boil and strain it into 3 quarts hot water. Bring that water to a boil and add the rice and orange rind. Cover pot and simmer for 10 minutes.

Drain rice and discard the rind. Place rice in top of double boiler. Cover the top and steam the rice over simmering water for 30 minutes. Fluff rice with a fork just before serving. Makes 6 servings, about 195 calories each.

Variation: Make plain steamed rice by omitting tea leaves and orange rind.

PEACH CHUTNEY
pictured on page 112

6 ripe yellow peaches
¾ cup sugar
½ cup cider vinegar
¼ teaspoon chopped garlic
¾ cup water
2 teaspoons chopped fresh ginger
⅓ cup cubed preserved ginger
2 tablespoons lime juice
2 teaspoons curry powder
1 cup seedless raisins
1½ teaspoons kosher salt
¼ teaspoon freshly ground black pepper
½ teaspoon red pepper flakes
5 ounces finely chopped onion

Peel and pit peaches; cut each into eight wedges. Place sugar, vinegar, garlic and water in a saucepan. Stir over low heat until the sugar has dissolved. Bring liquid to a boil and cook 5 minutes until syrupy. Add peaches. Simmer 10 minutes. Remove the peaches with slotted spoon and reserve.

Add remaining ingredients to the syrup. Boil slowly for 10 minutes, or until mixture thickens slightly. Return peaches to pan, bring to a boil, then pour into a 1-quart jar. Keep for a few days in the refrigerator before serving. Makes 1 quart, about 50 calories per 2 tablespoons.

MARINATED FRUITS
pictured on page 112

1 small cucumber, peeled, seeded and cut into small cubes
1 banana, cut into thin slices
2 kiwi, peeled and cut into thin slices
1 cup fresh pineapple, cut into ½-inch cubes
2 tablespoons soy sauce
1 tablespoon olive oil
Freshly ground black pepper

In a bowl mix everything together until well blended. Serve fresh. Makes about 6 servings, about 65 calories each.

SAMBAL
pictured on page 113

1 quart vegetable oil
1 large onion, sliced crosswise paper-thin
3 ounces shredded, unsweetened coconut
3½ ounces gado-gado (hot peanut paste)
¼ pound unroasted peanuts, shelled
1½ teaspoons soy sauce
2 ounces blanched, sliced almonds

Heat oil in a deep saucepan to about 325°F. Separate the onion slices into rings; drop them into the oil and fry, stirring, for 5 minutes or until golden brown. Lift rings out with a slotted spoon and spread on absorbent paper to dry.

Lower the heat and add coconut to the oil. Raise heat to about 325°F. and, as with the onions, stir-fry until the coconut is a pale golden color. Remove and add to the onions. Sprinkle the onions and coconut with gado-gado.

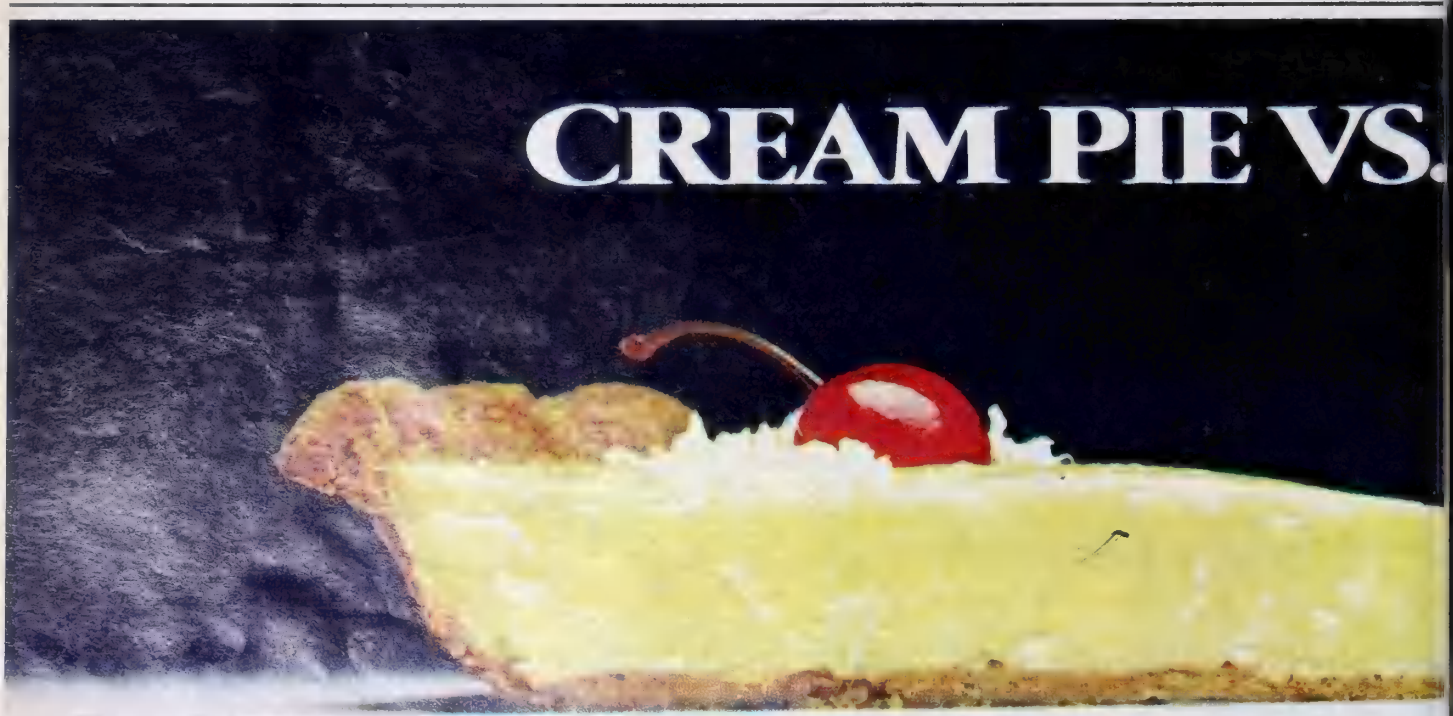
Add peanuts to heated oil and cook for 2 minutes, stirring constantly; drain then fry in a dry skillet with soy sauce, tossing to coat each peanut. Add to onions and coconut.

Lightly fry the almonds in the oil until golden. Remove and add to the onion mixture. Toss well to combine. Let rest at least 1 hour before serving.

When the mixture becomes completely dry, it can be stored in an airtight tin. Makes about 3 cups, about 45 calories per tablespoon.

BAR ROOM CHICKEN POT PIE
pictured on page 113

A Bar Room favorite, this is an elegant version of simple family food. It might also be a pleasant surprise for a dinner of jaded gastronomes.



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m...so delicious!

On the left, a plain coconut cream pie. On the right, a luscious Coconut Dream Pie. It's made with Dream Whip® Whipped Topping Mix, Baker's® Angel Flake® Coconut, extra Jell-O® Brand Instant Pudding, and milk. Look at the creamy light difference! Dream Pie is easy to make because there's nothing to cook, and you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn all your plain cream pies into higher, lighter, creamy Dream Pies.

GF GENERAL FOODS

Preparing the vegetables

2 medium carrots
2 small turnips
2 medium kohlrabis
1 small celery root
4 small pearl onions, peeled
4 large, firm fresh mushroom caps

Prepare the carrots, turnips, kohlrabis and celery root as follows: Peel and cut them into 2-inch lengths, ¾ to 1 inch wide. Trim ends so you have 1½-inch ovals ("turned" vegetables). You will need eight pieces of each vegetable.

Bring a pot of lightly salted water to a boil. Add all the vegetables except the turnips and mushroom caps. Cook for about 5 minutes. Add turnips and cook about 1 minute longer. Drain well and cool.

Preparing the sauce

6 tablespoons lightly salted butter
6½ tablespoons all-purpose flour
3½ cup chicken stock or broth
Pinch freshly grated nutmeg
Pinch mace
¾ teaspoon kosher salt
Freshly ground white pepper
½ cup heavy cream

Heat butter in a 2-quart saucepan. Add flour and blend well. Cook for 2 minutes without letting the mixture brown. Add 1 cup chicken stock or broth and stir until smooth. Stir in remaining 2½ cups stock. Cook, stirring, for 10 minutes. Season to taste with nutmeg, mace, salt and pepper. Stir in cream. Set aside.

Preparing the chicken

1 4½-pound chicken
2 tablespoons lightly salted butter
Kosher salt
Freshly ground white pepper
1 tablespoon brandy
¼ cup dry white wine

Skin and bone the chicken, reserving the breast and leg meat for this dish. Cut each piece of meat into pieces. Set aside.

In a 10-inch skillet heat the butter. Add the chicken pieces and toss to sear on all sides. Sprinkle with salt and pepper and cook over medium-high heat for 5 minutes. Add brandy and wine. Bring to a boil, turning the chicken pieces to coat. Remove chicken pieces to a side dish. Stir cooking juices into the sauce.

Assembly

4 sprigs fresh tarragon or marjoram
2½ pounds Puff Pastry (recipe follows)
Egg glaze (1 egg mixed with 1 teaspoon water)

Butter four 2-cup gratin dishes each about 7 inches long. Fill each with equal proportions of dark and white meat chicken with their cooking juices. Add two turned carrots, two turned turnips, two turned kohlrabis, two turned celery roots, one onion and one mushroom cap to each dish. Spoon about 1 cup sauce over each serving. Top each with a sprig of tarragon. Let the filling cool for 10 minutes before topping with the crust.

On a floured board, roll the puff pastry into a ¼-inch-thick rectangle. Cut pastry into four pieces the size of the tops of the gratin dishes. Roll them again so they are about 1 inch larger than the dish on all sides. Brush dough with egg glaze. Fit each piece, egg side down, over a gratin dish. With your fingers, press the dough around the sides of the dish to adhere. Brush the top with egg glaze and refrigerate 1 hour.

Preheat the oven to 475°F. Place the prepared dishes on a baking sheet and bake for 10 minutes. Lower the heat to 350°F. and bake 15 to 20 minutes longer. Makes 4 servings, about 2,110 calories each. *Ed. Note:* If you wish to make the recipe a day ahead of time, prepare the filling and place in the gratin dishes, then cover with plastic wrap. Roll out the dough and proceed with the recipe a few hours before you plan to serve it.

PUFF PASTRY

1 tablespoon kosher salt
1¾ pounds plus ¼ cup (7¼ cups total) all-purpose flour
3 cups heavy cream
2 pounds unsalted butter, cold

Place salt and 1¾ pounds of flour (7 cups) in a mixing bowl. Stir. Pour in cream and blend together to form a soft ball. Turn onto a floured work surface and knead until dough is smooth and elastic. Wrap dough in waxed paper and refrigerate 30 minutes.

(continued)



Coconut Dream Pie...as simple as a, b, c.

2 envelopes DREAM WHIP® Whipped Topping Mix
2¾ cups cold milk
1 teaspoon vanilla
2 packages (4-serving size) JELL-O® Brand Vanilla or Coconut Cream Flavor Instant Pudding
1⅓ cups (about) BAKER'S® ANGEL FLAKE® Coconut
1 baked 9-inch pie shell, cooled

a. Prepare whipped topping mix with 1 cup of the milk and the vanilla as directed on package, using large mixing bowl. Add remaining 1¾ cups milk and the pudding mix.

b. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Stir in coconut.

c. Spoon into pie shell. Chill at least 4 hours. Garnish, if desired.

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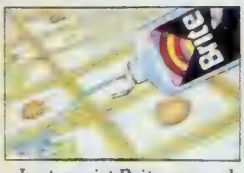
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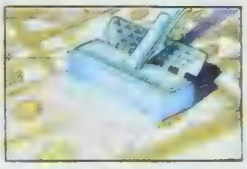
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middle, leaving a 1-inch space between them. Fold the two halves together like a book. This is one turn. Wrap the dough and refrigerate for 20 to 30 minutes.

Repeat rolling and folding process four more times, for a total of five turns. Each time you begin rolling, place the dough in front of you so it is like a closed book. Always let dough rest in the refrigerator for 20 minutes between turns. If you let it rest longer, the butter may get very hard. In that case, let it rest at room temperature for a few minutes before rolling.

You may wrap the dough securely in plastic at this point and freeze until needed or shape for a specific recipe and freeze that way. (About half the puff pastry is needed for the Bar Room Chicken Pot Pie.) Makes about 5 pounds of puff pastry.

BREAST OF CHICKEN WITH GLAZED APPLES

pictured on page 113

Chicken with apples and cream is a classic preparation. Seppi's personal version calls for the apples cooked separately so that both chicken and apples can maintain perfect texture.

1 cup chicken stock or broth
¼ cup heavy or whipping cream
Kosher salt
Freshly ground black pepper
Lemon juice
5 tablespoons lightly salted butter
3 tablespoons imported green peppercorn Dijon mustard
2 egg yolks
3 tablespoons finely chopped fresh mixed herbs (lemon thyme, parsley, chervil, chives, etc.)
2 whole boneless chicken breasts, skins removed, split
All-purpose flour
Fresh bread crumbs
3 tablespoons clarified butter
Glazed Apples (recipe follows)

Place the chicken stock in a small saucepan. Cook until reduced to about 2 tablespoons. Stir in the cream and salt and pepper to taste. Add a drop of lemon juice. Whisk in 4 tablespoons butter in chunks. Keep warm.

In a small bowl blend the mustard and egg yolks. Stir in the herbs.

Season the chicken pieces on both sides with salt and pepper. Dip them in flour to lightly coat. Shake off excess. Brush with mustard mixture, then coat very well with the bread crumbs.

Heat clarified butter in a 10-inch skillet. When hot, add 1 tablespoon lightly salted butter and coated chicken. Cook for about 2 minutes, or until nicely browned. Turn and cook 2 minutes on other side. Do not overcook.

Let rest for 5 minutes before slicing. Cut each piece on the diagonal into four slices. Place some sauce on each of four serving plates. Fan the chicken slices over the sauce on one side of the plate and the Glazed Apples on the other side. Makes 4 servings, about 470 calories each with half an apple. *(continued)*

FOUR SEASONS

continued

(If you wish to mix the dough in a food processor, place 3½ cups flour and 1½ teaspoons salt in the work bowl. With the machine running, pour in 1½ cups cream. Let run for 1½ minutes. If the machine overheats and stalls, turn it off and wait 1 minute before continuing. Repeat. Knead the two portions of dough together until smooth. Wrap the dough in waxed paper and refrigerate 30 minutes.)

Place butter on a heavily floured work surface and beat with a rolling pin until somewhat softened. Sprinkle remaining ¼ cup of flour over butter and knead together until butter is smooth and pliable. Shape butter into a 7x12-inch rectangle. Keep in a cool place until needed. The butter and dough should be close to the same temperature.

Place dough on a floured surface and roll it into a 14x18-inch rectangle. Brush any excess flour off the surface of the dough. Place the butter over half the dough, leaving about a 1-inch border on three sides. Brush the edges of the dough with water and then fold the dough in half to enclose the butter, pressing the edges to seal together.

Gently beat the dough with a rolling pin to soften and distribute the butter. Roll dough into a 14x18-inch rectangle. Lightly flour as needed but always brush the excess flour from the surface before folding. Fold ends in to meet in the





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FOUR SEASONS

continued

GLAZED APPLES

2 large firm apples
4 teaspoons softened lightly salted butter (approximate)
4 teaspoons sugar (approximate)

Preheat broiler. Peel apples, halve them and remove the cores. Cut each half crosswise into ¾-inch-thick slices. Keep them in the apple shape.

Butter an ovenproof dish large enough to hold the apple halves. Place each half on the dish, flat side down. Hold your hands on either side of one half and shift the slices by moving one hand toward you and one away from you so the slices are on the slant. Repeat with the other halves.

Spread about 1 teaspoon softened butter across top of each half, then sprinkle with about 1 teaspoon sugar.

Place under the broiler until the apples are soft and brown, about 5 minutes.

CHICKEN PAILLARD

This extremely simple recipe is Seppi's favorite way to cook chicken breasts. This is the meat that he uses for chicken salad. Because of this, his chicken salad has a fuller flavor than most.

4 whole boneless chicken breasts from four 2½-pound broilers, in one piece
Kosher salt
Freshly ground black pepper

Heat a grill until hot. Place the chicken, skin side down, over the grill. Cook to sear, about 30 seconds. Lift the chicken with tongs and rotate it 45 degrees. Cook another 30 seconds. Turn over and cook 4 minutes longer. Serve with the skin side up. Season with salt and pepper. Makes 4 servings, about 220 calories each.

Ed. Note: To broil, place chicken, skin side up on broiler pan. Cook to sear, about 1 to 2 minutes. No need to rotate. Turn and cook 4 minutes more. Serve as above.

LIME BROILED BREAST OF CHICKEN

This is an example of a simply and quickly prepared chicken dish that is definitely removed from the ordinary. Toasting coriander seeds, as with other warm spices, brings out their taste and also crisps them so that they are easier to crush.

6 10-ounce whole boneless chicken breasts, skin removed
Kosher salt
Freshly ground black pepper
Olive oil
3 tablespoons imported green herb Dijon mustard
3 tablespoons honey
½ teaspoon toasted coriander seeds, crushed
24 very thin slices fresh lime, peeled
Lemon compote (recipe follows)

Heat a grill and heat an oven to 375°F. Season the chicken breasts with salt and pepper; rub with oil. Thread two half breasts lengthwise on each of six skewers. Broil them over hot coals 3 minutes on each side.

Remove the chicken from the skewers and arrange the pieces side by side in a buttered baking dish. Mix the mustard, honey and coriander seeds in a small bowl. Spread the mixture over the chicken and top with thin slices of fresh lime. Bake 8 minutes in the preheated oven.

Serve at once with Lemon Compote (see recipe below) as a dip. Makes 12 servings, about 200 calories each without Lemon Compote.

LEMON COMPOTE

1 cup sugar
Water
10 peeled lemons, very thinly sliced
Whole dried pepper or pinch of red pepper flakes

Heat a heavy, empty saucepan. When hot, add sugar and let lightly carmelize. Quickly stir in ¼ cup water and the sliced lemons. Cook, stirring, over low heat to soften any hardened sugar. Add pepper. Cook for just 1 minute, or lemons will begin to break apart. Pour into a dish to cool. Serve with the Lime Broiled Breast of Chicken. Makes 12 servings, about 65 calories each. **End**

GENERAL FOODS

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STOVE TOP IN-THE-BIRD STUFFING RECIPE WITH SUN GIANT RAISINS AND ALMONDS.

In-the-Bird Stuffing

Combine contents of Vegetable/Seasoning Packet from one 6 oz. box of STOVE TOP Chicken Flavor, ¼ cup butter or margarine, cut in pieces, 1½ cups *hot* water in a bowl; stir to partially melt butter. Add Stuffing Crumbs; stir to moisten.

Do not stuff bird until ready to roast.

Weight of Bird	Amt. of Stuffing
5 to 7 pounds	Single Recipe
8 to 12 pounds	Double Recipe
13 to 20 pounds	Triple Recipe

Raisin-Almond Stuffing

Prepare In-the-Bird Stuffing as directed, add ½ cup SUN GIANT Raisins with the hot water and ½ cup chopped SUN GIANT Almonds with the Stuffing Crumbs.



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It's really too bad so many people still think of the potato as just a starch. The truth is that potatoes are a highly nutritious vegetable, containing a broad spectrum of vitamins and minerals, many you may not be getting enough of. And virtually no fat. With the humble potato you can make so many good dishes that are good for you. And very economical, too. But the best thing about potatoes is something you've known all along: No matter how you fix them, everybody loves potatoes. So the right way to think of potatoes is as the nutritious, economical, low-calorie vegetable that just happens to be the wrong color.

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*All figures apply to United States Recommended Daily Allowances (U.S. RDA) based on serving size (5.3 oz.). Potato Board Nutritional Labeling Study, 1978-79.

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Plants Under Glass

Plant them, give them, enjoy them. Learn the techniques . . . and order the containers on page 51. By Virginie F. and George A. Elbert.

Plants under glass are doubly pretty, combining as they do the decorative effects of both plants and container. Add to that the fact that they require virtually no care once assembled, and you have the perfect idea for your own home or for a special gift. We show several unusual container shapes and sizes on these pages with some new and different plants—both flowering and foliage species. Here's how they all work.

First select a glass container with a top—the selection is almost without limit—and then find plants that are about the right size. We prefer to leave plants in their own pots, but if pots are too large, simply remove plants, trim top and roots and replant in a smaller pot. This makes it easier to assemble your terrarium at the outset and also later on if you want to replace a plant for any reason. (Sometimes if container is very shallow, you will have to do away with the pot and plant directly in soil on the bottom.) Then arrange soil (any kind will do) so as to hide the pot and make your glass garden look natural. Add water so that soil is barely moist to the touch, then any decorative stones, shells or other ornaments you wish. Put the top on and place container in bright, reflected light—*never* in direct sun or the plant will cook to death in no time. If the inside of the glass becomes covered with drops of water, it is too wet (though a bit of haze is okay). Remove top until water has evaporated and then replace. Every couple of months, or if soil looks dry, add three tablespoons of water and replace top. And remember—no direct sun. If you give glass gardens as gifts, be sure to include a card with these simple instructions.

(continued)



Photographs by the authors

FLOWERING APPLE

In planting this lovely apple-shaped container with its pretty lid and stem, we had the good luck to find a fine blooming plant of Persian Violet (*Exacum affine*) that fitted exactly. To plant, cover the pot with soil, trim excess branches and remove dead flowers. A price you have to pay using Exacums is the necessity, due to its continuous blooming, of removing the dead flowers once a week. In winter keep the plant in a warm spot away from sun.



GARDEN ROUNDS

A round bowl is a classic shape that is easy to adapt for container gardening. This small one below contains a Norfolk spruce *(pilea spruceana)*, common in the shops, and one of the smaller ivies, of which there are dozens of kinds. A few stones in the right places make an arrangement that is pleasing from any angle. White limestone chips provide a change in texture. Soil is deep enough to leave both plants in small pots.



PEAKED GARDEN

The little vase with its peaked cover is just 7 inches high and 4½ inches across. We planted it with a small, branching Peperomia *(P. puteolata)* that is vey slow growing and added a colorful snail shell as decoration. Plant was trimmed top and bottom (roots) and replanted in a plastic shot glass with a small hole in the bottom that we made with the heated point of an ice pick. This size container is also good for miniature and dwarf flowering plants and little ferns.

DESERT GARDEN



Small tropical fish tanks make ideal plant containers—this one is 12 inches long, 6 inches wide and 8¼ inches high. Although most people think of terrariums as moist environments, we've chosen to demonstrate a desert garden in this case. The picture shows a garden in the mid-stage of assembling, including such miniature cactus and succulents as Old Man Cactus, Corncob Cactus *(Euphorbia)*, Bishop's Cap Cactus *(Astrophytum sp.)*, an orange grafted cactus and Velvet Leaf Plant *(Kalanchoe beharensis)*. Pots for all were too large, so plants had to be root-pruned and planted in smaller pots.

To assemble, put about an inch of absolutely dry sand (anything but beach sand) into the bottom of the tank. Then test the position of your plants to see how they look best. Collect shapely or colorful stones or driftwood to hold up the shifting sand, hide the tops of the pots if necessary and act as contrasting forms and backgrounds. Now build up the height of the sand, keeping some plants low and lifting others up while placing stones to hold the sand in place.

In winter, Desert Garden should be covered and placed in bright reflected light, preferably where it is cool, and not be opened or watered at all until May. At that time remove the cover and give it full sunlight. Pour two tablespoons of water into each pot and repeat evey month until October. From October to May the plants must remain dry again, with cover on and in bright reflected light. If you make a gift of the tank, be sure to attach a note with these instructions. Even the most careless person will find them easy to follow.

FLOWER DOMES

We show two domed terrariums—one 9 inches in diameter, the other 6 inches. The saucers are of dark amber glass, the covers of heavy, flawlessly clear glass (all by Corning).

For the larger dome garden (left), we used a Red Veined Prayer Plant, a yellow and green variegated Peperomia and a rooted sprig of Table Fern *(Pteris sp.)*. Japanese pebbles set off the leaves.

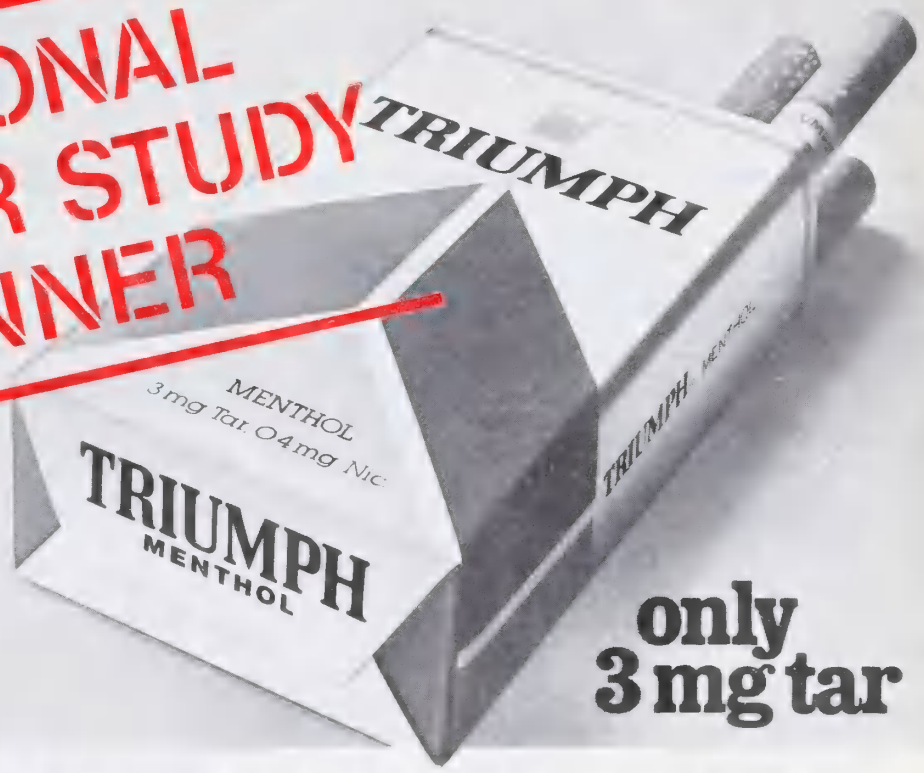
The 6-inch terrarium (right) has been planted with a pink African Violet called Georgia. As it is a spreading plant and the saucer is rather shallow, we have set it directly in soil, using our mix of one part peat moss, one part vermiculite and one part perlite. Trim dead flowers and outer spent leaves regularly.





As a special service to Journal readers, all glass containers shown on these pages are available by mail. Turn to page 51 for more information and a coupon for ordering.

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3 mg. "tar," 0.4 mg. nicotine av. per cigarette by FTC Method.

You and Your Money

Should home buying be deferred because of current high interest rates? The best rules to follow for a successful, happy carpool. And more . . .
By Sylvia Porter

Mortgage interest rates are still so high that my husband and I, only in our early 30s, fear we can't stand the monthly financial strain. Would it pay to wait until later to buy the home we want so much?

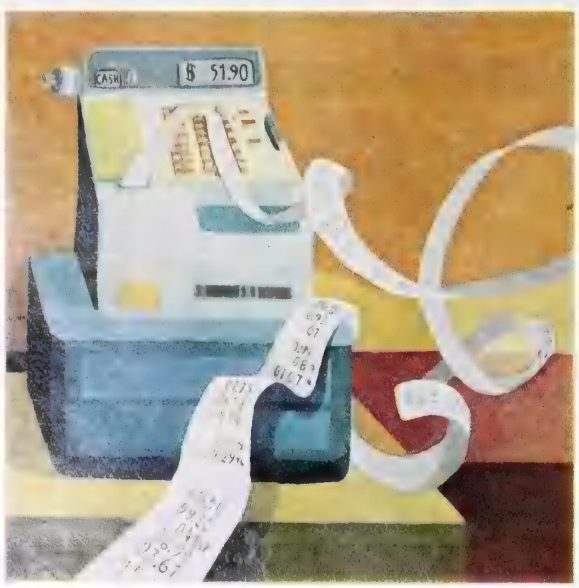
No. The odds are heavily against interest rates declining enough to offset the impact of inflation on home prices—and home prices are not likely to decline (if at all) enough to justify your waiting. Here's a starkly simple chart that underlines the point. It assumes that: 1) the going home mortgage rate is a conservative 10 percent and that within a year, the rate falls to 9 percent; 2) inflation continues to push up prices 10 percent a year (an assumption I detest making, but it's realistic); 3) the house costs $60,000.

	If You Buy Now	*If You Wait a Year*
Purchase Price	$60,000	$66,000
Cash Payment	21,000	23,100
30-Year Mortgage	39,000	43,000
Mortgage Rate	10%	9%
Monthly Payments	$342.42	$346.15

So, even if interest rates should fall a full 1 percent, you still would be paying $3.73 *more* a month ($1,342.80 over the life of your loan). Also, you would have to put up $6,000 more on the purchase price and $2,100 more in cash (assuming that cash requirements are 35% down). On top of all of this, you gain the substantial tax savings of home ownership, which could slash your current monthly rental costs.

The group of doctors to whose joint offices my family and I go for treatment has just employed a public relations consultant to help them prepare advertisements about the services they offer and fees they charge. I've already seen several ads in our local paper and I've heard they are preparing a TV program, too. Is this allowed? Is it ethical?

Under the new code of ethics adopted by the American Medical Association itself late this past summer, advertising by physicians is permitted, even encouraged, for the first time. The objective is to put you, the patient, into a superior position to comparison-shop for doctors' services and fees. It really means your rights as a patient have been vastly expanded. You should benefit.



The IRS agent examining our joint income tax return last year disallowed a substantial portion of our deductions for charity. What can we do to keep this from happening in the future?

Keep all receipts, canceled checks and other evidence to substantiate your deductions for charitable contributions. For instance, to support your deductions, you must state the name of each organization, the amount and date of each contribution. If you make several cash contributions to the same organization during a single tax year (unwise), you may state the total payments.

To support your contributions in property (other than money), you must state the kind of property contributed (used clothing, art works, securities), the cost, fair market value at the time of contribution, whether the property has appreciated in value, how much, any other similar facts.

There are five of us who carpool from our homes, in the same suburb, to our jobs, which are in the same area of downtown Chicago. We get along fine, but recently, arguments have arisen among a couple of us about also using our carpool to go to a favorite neighborhood supermarket. What's the rule?

Don't use your carpool for any purpose other than commuting to and from work! That's a fundamental rule of a successful pool. It should be clearly understood and agreed upon before you even begin to start sharing your rides to and from work. You're heading for trouble if you allow your pool to become a service for shopping and going on errands, too.

On all seemingly small but potentially "sticky" points—such as smoking in the car, turning on the radio and to what volume, starting earlier on rainy or snowy days, how many minutes the drivers should wait for a passenger—draw up a brief but strict list of rules. Each carpooler should study the list and indicate agreement before becoming a member.

How many women are heads of households in our country today?

There are 76 million persons officially classified as heads of households today. Of these, 19.3 million—or a startling 25 percent—are women. The number of women heads is up 57 percent from a decade ago against a comparable increase of 18 percent among male heads. **End**



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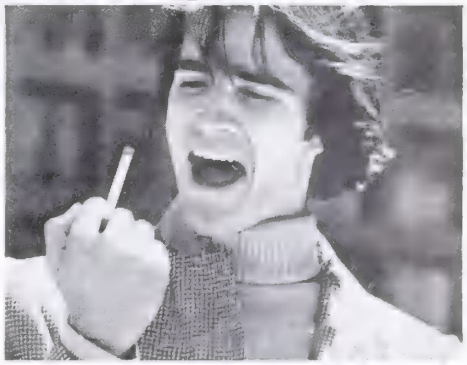
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3 mg. "tar," 0.4 mg. nicotine av. per cigarette, FTC Report Jan. 1980.

Planning a paint job? Making a move? Suddenly, home is a strange and perplexing place, and your pet feels a little lost. Here's how you can help.

By Roger Caras

Easing your pet into a new environment

For dogs and cats, there's no place like home. Pets are creatures of habit. They are slow, just as many humans are, to accept a change in surroundings. And so, if you're making major repairs in your home or moving to a new city, anticipate the disruptive effects on your pets. You can help your animals adapt to the changes in their environment by planning ahead and revising your old pet care routines.



Painting, repairs and other home improvements. When a troop of workmen descends on your household, be prepared to protect your pets against the ensuing chaos. Inevitably, doors and windows will be left open, making it easy for a dog or cat to jump out or wander off. Pets are also apt to poke their noses into all the unfamiliar objects lying about—and a can of paint or a box of tools can be a source of danger to a curious dog or cat. Beware, too, of your pet's defensive instincts. A naturally protective dog might lash out at a painter or carpenter who seems to be invading private territory.

The best idea is to get your pets out of the house during the renovation. If the work is a one-day job, why not send them to the grooming parlor or board them with a sympathetic friend? If the work is likely to last a longer period of time, find a good kennel or "pet-sitter" to board them.

Planning a move. Your pets may not welcome a change in residence. So try to understand what the change means from an animal's point of view.

New turf. You may have always let your animals run free, confident that they would stay close to home. But this may change in an unfamiliar setting. Keep cats inside and dogs tied up for at least two weeks—about the time it takes for a new place to smell and feel familiar. If pets are left on their own too soon, they can become disoriented. They may even try to make their way back to your old home.

New foes. In your old neighborhood, you were probably aware of the other animals in the area that posed any threat to your pets. Take time to ask questions about the *new* dogs and cats next door. Don't let your own animals out on their own—until you're sure that they won't encounter a dangerous aggressor.

Health watch. If you're moving only a short distance, chances are you won't have to change veterinarians. On a major move, you can't take your old veterinarian along, but he *can* help you plan. Ask for a referral to a good vet in your new neighborhood. Find out which records the new doctor will need to take proper care of your pets. Visit your old vet before you move to make sure your animals are up-to-date on all vaccinations. While in some areas rabies is virtually unknown, in other places (Texas border country, for example) the disease is an ongoing problem. Also, ask your vet about heartworm medication. This parasite is associated with the mosquito season. If you'll be passing through warm weather areas, it's especially important for your pet-on-the-move to receive protection.

Weather report. If your move involves a marked change in climate, you may also have to rethink your old pet-care habits. You may be accustomed to leaving your dog outdoors all day in the sun. You can do this in Maine, but not in the searing heat of Texas or Arizona. It can take as long as a year for a dog from Georgia or southern Missouri to adjust to the colder climes of Michigan or western Massachusetts. After a while, some breeds start growing a thicker coat to compensate, but others don't make this natural adaptation. Again, ask your vet for advice.

Moving mechanics. If you are driving to your new home, and there's no room for an animal passenger, consider shipping your pet by air. You'll find it practical for your dog or cat to make the trip ahead of you. Through a veterinary facility in your new locale, you can arrange to have your pet picked up and boarded temporarily. To keep tabs on your pet, phone from your old home to check that your animal has arrived safely. Another alternative: Get established in your new quarters first, then ask a reliable friend to send your animal after you. What you should *not* do is let your pet make the flight while you're in transit yourself and can't supervise.

When a household is upset by redecoration or relocation, animals aren't capable of understanding the reason for all the fuss, and require "special handling." But if you're careful to anticipate their needs, they'll soon find your new home as sweet as the old. **End**

Dogs stay for Mainstay.





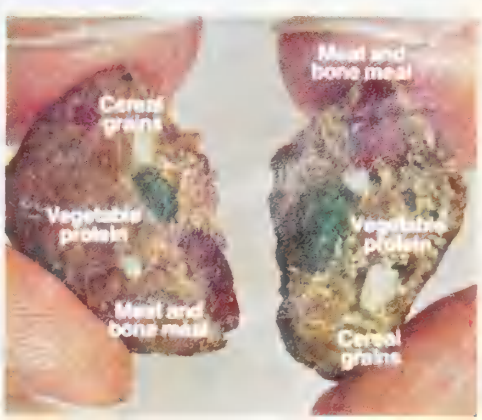
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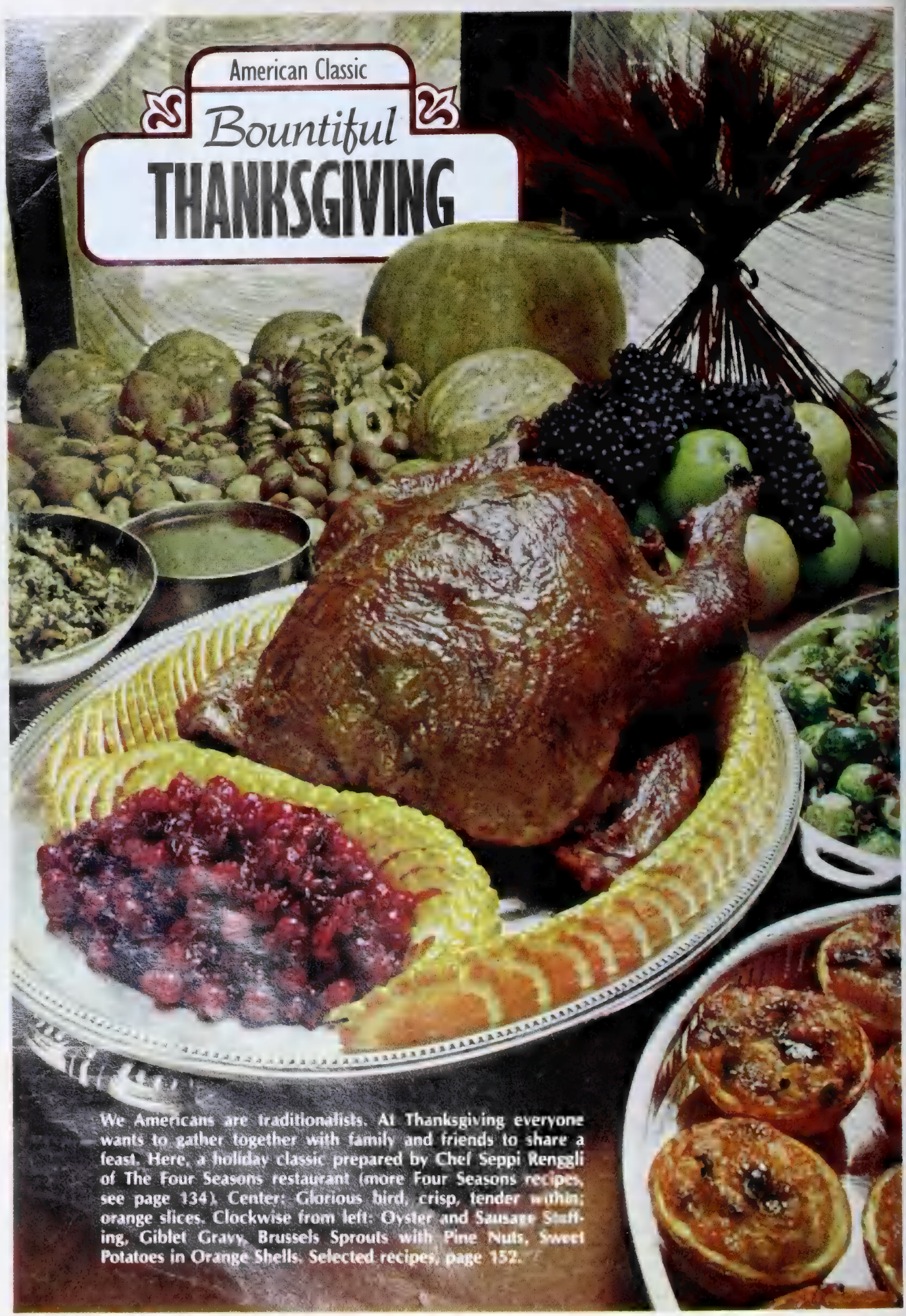
It has meat and bone meal and vegetables in flavor pieces you can actually see.

Dogs love the taste of Mainstay so much, they can't wait for their next meal.

Bet your dog will stay for Mainstay™ too.



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We Americans are traditionalists. At Thanksgiving everyone wants to gather together with family and friends to share a feast. Here, a holiday classic prepared by Chef Seppi Renggli of The Four Seasons restaurant (more Four Seasons recipes, see page 134). Center: Glorious bird, crisp, tender within, orange slices. Clockwise from left: Oyster and Sausage Stuffing, Giblet Gravy, Brussels Sprouts with Pine Nuts, Sweet Potatoes in Orange Shells. Selected recipes, page 152.

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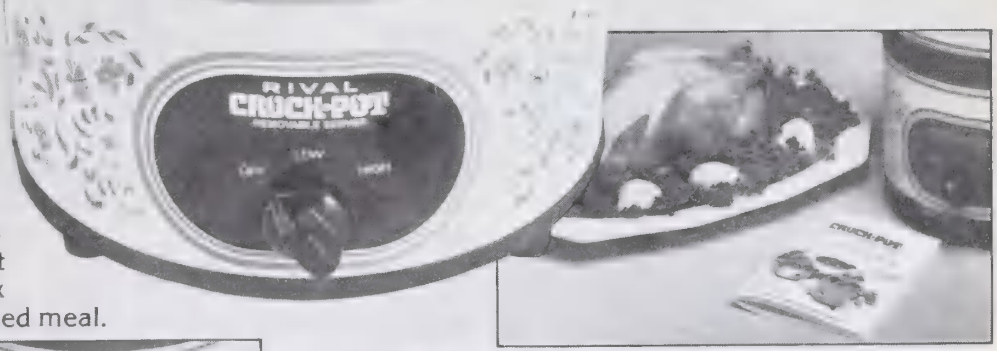


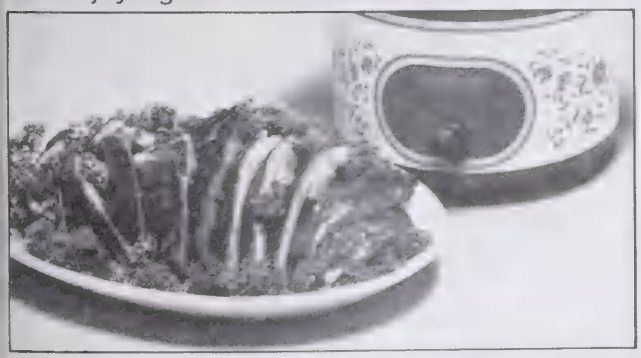


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THANKSGIVING

continued

All pictured on page 150

ROAST TURKEY

One 12-to 14-pound turkey
1 teaspoon whole rosemary
1 teaspoon sage leaves
Salt and pepper
2 tablespoons butter, softened

Preheat oven to 325°F. Remove giblets from turkey; set aside for giblet gravy. Dry cavity of bird thoroughly with paper towels. Toss the herbs in the cavity, coating all sides. Rub salt and pepper over surface of the bird, inside and out. Tie legs together with string. Fasten wings behind the back by twisting the ends to help balance the bird. Place in open roasting pan. Insert meat thermometer into turkey at thickest part of thigh muscle, without touching bone. Rub softened butter over the skin. Roast for 3½ to 4 hours or until meat thermometer reaches 180° to 185°F. If no thermometer is used, insert a fork into thigh; if the juice that oozes out is clear, the turkey is done; if there is a tinge of pink, further roasting is needed. Let stand 15 to 20 minutes after roasting. Pour out the juices from the cavity; reserve. Remove the turkey to a serving plate. Skim off the fat from the roasting pan. Put the roasting pan over medium heat. Add the turkey juices plus ½ cup water, then scrape the bottom and sides of the pan, freeing the brown particles. Continue stirring and reduce slightly. Strain, then reserve for giblet gravy.

To serve, arrange orange slices and cranberry relish on platter around turkey. Serve with giblet gravy. Makes 8 to 12 servings, about 320 calories per 6-ounce serving.

CRANBERRY RELISH

1 large navel orange
1 lime
1½ pounds (3 cups) sugar
1 tablespoon grated fresh ginger
1 cup dark seedless raisins
Two 3-inch cinnamon sticks
1 vanilla bean
3 pounds fresh cranberries, well picked over

Without peeling, cut the orange and lime into ¼-inch dice.

Place sugar in large, heavy skillet and cook carefully until it turns brown and caramelizes. Do not let it burn. Stir in diced orange and lime, ginger, raisins, cinnamon sticks and vanilla bean. (The sugar hardens immediately when you add these ingredients—it will melt again.) Cook over high heat, stirring constantly, for 5 minutes.

Fold cranberries into the mixture, coating each berry with the caramelized sugar. Cook over medium heat for 10 minutes, or until about half of the cranberries break open.

Remove pan from heat and let cool. Spoon into sterilized jars. Cover tightly and refrigerate for *1 month before using*. Will keep for about 3 months. Makes about 1½ to 2 quarts, about 25 calories per tablespoon.

Ed. Note: Even though Seppi advises refrigerating a month, we tasted it the next day and we thought it was terrific.



OYSTER AND SAUSAGE STUFFING

15 slices white bread, crusts removed
3 cups water
3 slices bacon, cut into small pieces
1 cup minced onion
1 cup minced celery
1 garlic clove, minced
½ cup pine nuts
¾ cup cooked spinach, drained and coarsely chopped
Pinch *each* of nutmeg and allspice
½ pound hot sausages, meat removed from casing
½ pound sweet sausages, meat removed from casing

Tonight take your hamburger out of the same old grind.



Savory Meat Supper: Brown ¾ pound gro beef in saucepan, leaving meat in chunks. Com ¼ cup beef broth, 1 tablespoon cornstarch a teaspoons Worcestershire sauce. Add 1 pac (10 oz.) Birds Eye® Green Peas and P Onions and cornstarch mixture to beef. B to a full boil over medium heat, separa vegetables with fork and stirring freque Reduce heat; cover and simmer 5 min Stir in 2 tablespoons slivered pimi Serve over hot cooked noodl desired. Makes 3½ cu 3 serv

BIRDS EYE

Our vegetables and your hamburger can mak

GENERA

©Genera Corporati Photo approx

15 to 20 oysters with their liquid
2 eggs, lightly beaten
Salt and pepper
2 tablespoons butter
3 tablespoons dried bread crumbs

In large bowl soak bread in water for a few minutes. Drain, then squeeze out as much of the liquid as possible. In large skillet sauté bacon pieces until lightly browned. Stir in onion, celery and garlic. Sauté over medium heat until onion is transparent. Add nuts, spinach, nutmeg and allspice. Remove from heat. Add bread, sausage meat and oysters. Add the eggs; toss until well mixed. Season to taste.

Preheat oven to 350°F. Grease an oval 12-inch au gratin dish using 1 tablespoon of the butter. Fill dish with stuffing, then dot with remaining butter. Sprinkle on dried bread crumbs. Cover dish well with foil. Bake for 1 hour. Remove foil and bake for 20 more minutes until brown on top. Makes 12 servings, about 390 calories each.

SWEET POTATOES IN ORANGE SHELLS

6 oranges
1 cinnamon stick
3 pounds [illegible] potatoes
[illegible] (about ⅛ teaspoon)
1½ tablespoons honey
1½ tablespoons chopped preserved ginger
3 tablespoons butter
¼ cup packed brown sugar

Cut oranges in half; cut out pulp. Reserve shells. Squeeze the juice from the orange pulp into saucepan. Add cinnamon stick.

Reduce juice to about 2 tablespoons. Remove cinnamon stick. Boil sweet potatoes until done; peel, then rice. Stir potatoes into reduced juice. Add salt to taste. Fold in honey, preserved ginger and two tablespoons butter. Remove from the heat.

Preheat oven to 325°F. Fill orange shells with potato mixture, dot with remaining butter and sprinkle with brown sugar. Bake for 20 to 30 minutes until nicely browned. Makes 12 servings, about 230 calories each. End

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Psychiatrist's Notebook

Should you worry when your social calendar looks a little thin? If you're seeing a psychiatrist, must you tell people who ask? What can you do if your child's a bed-wetter?

By Theodore Isaac Rubin, M.D.

I'm 18 and I think I'm fairly attractive. Yet I don't seem to have as many dates as my girlfriends. Do you think I have anything to be anxious about at my age?

Many people feel worried about not being popular enough at various stages in their lives. We have a tendency to measure our personal growth by the number of friends we have. Perhaps more important than how others accept us is our own sense of self-acceptance.

Young women who have "lots of dates" may look as if they are successful in attracting friends. But the need to have a high-pressured social life and busy calendar may mask a real sense of loneliness and emptiness. This is often especially true when a person keeps up a number of shallow relationships coupled with a great deal of sexual experimentation. Also, many people use relationships to get ahead either socially, professionally or both.

You would do better seeking *real*, deep mutual exchanges, based on a healthy desire to know and enjoy being with others. Don't try too hard to be liked. Behaving in an overly outgoing manner, entertaining too much or flaunting sexuality only reveals an inner insecurity.

Everyone should recognize the search for love and approval in herself. But the more you appreciate what you have to offer others as a friend, or even a lover, the more you will radiate a sense of confidence and caring. People are bound to be attracted to others who have such healthy self-images.

If a woman wants to go to a psychiatrist, isn't that her own private business? I am appalled that people seem to be encouraged—even on job applications—to reveal the fact that they've been under a psychiatrist's care. Doesn't that prevent many from seeking help?

I am happy to say that I think the attitude about psychiatric treatment is changing. For the most part, a person is no longer considered "sick" if she seeks professional help to sort out emotional problems. Unfortunately, however, some people still have misconceptions. The social pressures and prejudices can be very destructive. I find that those who are especially judgmental about psychiatry often need guidance themselves. They may be trying to cover up underlying insecurities about their own emotional stability. I'd say that people who seek psychiatric care may be healthier, in many cases, than those who are afraid to. They're strong enough to decide to tackle their problems.

Of course seeing a psychiatrist shouldn't carry any social stigma at all. But I do agree that treatment is a very personal matter. A lot of people feel intimidated, almost compelled, to reveal that they are undergoing treatment. But if you don't feel comfortable disclosing this fact to your friends and the people you work with, then don't. And you shouldn't have to. Although it's not illegal for a potential employer to ask a candidate whether she has ever seen a psychiatrist, I believe it's an unfortunate, even unethical practice. A future job or personal relationship should not be contingent on whether or not someone has sought professional help to deal with private problems.

My husband always has to do something to relax; play golf, bike, go to the movies and so on. I sometimes like to do nothing. Am I so strange?

Mindless activity is a valuable exercise in itself. It can be restful, peace enhancing and restorative. Just sitting can be refreshing; or knitting; or doing needlepoint. Any activity that requires a minimal amount of thinking can help you avoid the trap of constant worry and planning. Tell your husband to try doing nothing sometime. He might enjoy it.

My five-year-old son wets his bed almost every night. Isn't he too old to be doing this? Should I take him to a psychiatrist?

Your child's problem may or may not be psychological in origin. Bed-wetting can stem from a variety of physical causes. It may, more commonly, for example, result from a physical irregularity, such as an underdeveloped bladder or a narrowing of the end portion of the urinary canal. Simple sugery can correct this condition and the bed-wetting disappears.

Some bed-wetters, medical experts believe, may suffer from a neurological immaturity that they eventually outgrow. Other children seem to wet simply because they are unusually deep sleepers.

We also know that bed-wetting is often hereditary. It is a symptom that occurs in as many as 15 percent of children over age three.

Consult with your family doctor or a pediatric urologist. If they find no physical explanation, it's likely that your child's difficulty is symptomatic of some emotional tension or strain. Your doctor should ascertain whether your son has ever been properly trained. Has he regressed? Is his bed-wetting linked to some specific stressful event in the family, such as a divorce or the birth of a new sibling?

Sometimes it is difficult to sort out the physical and emotional roots of bed-wetting. Even though the origin may have been physiological, when the condition persists it can create emotional problems. It's important that parents of a bed-wetting child be aware of the youngster's own sensitivities. Increasing the child's anxieties about the problem will not help cure it. Remember that five years old is late for bed-wetting problems, but certainly not uncommon. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. His most recent book is "Reconciliations: Inner Peace in an Age of Anxiety" (The Viking Press). If you have questions you would like Dr. Rubin to answer in this column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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LHJ's DOCTOR

By Michael J. Hallerstam, M.D.

"Doctor, I Think I've Inherited a Disease That Runs in My Family."

"Doctor, I'm worried that I may have diabetes," said my 26-year-old patient. "It runs in my family. Can you give me a glucose tolerance test?"

As I looked at this vigorous young woman sitting in my office, I saw nothing that immediately suggested a diabetic condition, although I noted that she was slightly overweight. But I certainly wanted to know more before I would recommend exhaustive testing.

As a physician, knowing a patient's family medical history can help me diagnose, anticipate and prevent serious medical problems. But frequently people misunderstand what constitutes an accurate record of inherited and acquired illnesses—that is, what really "runs" in their family.

"Well, it sounds as if you may have something to be concerned about," I commented to my patient. "But before I examine you, I'd like to find out more about the history of the disease in your family. Which relatives have diabetes?"

"My grandmother has just gotten it at age seventy-eight. And my grandfather on my father's side and one of my uncles have it, too."

"Were they all overweight when they got the disease? Do you know if they were given insulin or pills?"

"Each of them was put on a diet immediately because they were too heavy, and I think my uncle took pills, also. Recently my mother's doctor told her that her sugar level was too high, and recommended that she lose weight, too."

"Does anyone else in your immediate family—your father, or sisters and brothers—have the disease?"

"No, my father is in good health. My two brothers are still too young."

"That's what I'm getting at. I don't think diabetes runs in your family at all. Out of twenty or so close relatives, you have three who've had mild elevations of blood sugar as they've gotten older and gained weight. No one developed diabetes in childhood or in early adulthood or has required insulin."

This patient's confusion is not at all uncommon. Many people do not have a clear idea of which ailments can be inherited or acquired. As a consequence, they sometimes spend a lifetime worrying about inheriting an ailment that isn't even hereditary. They may feel totally helpless, wrongly convinced that they will inevitably succumb to a dread disease. ("Cancer runs in my family, so there's nothing I can do to avoid it.") Or they harbor a nagging sense that somehow their bodies are flawed. ("Our family has weak kidneys.")

For instance, a complaint I hear often is, "Varicose veins run in my family." If your mother and three sisters have varicose veins, it may be because they all tend to be overweight and have had multiple pregnancies, both of which increase pressure in the veins and eventually can cause them to swell.

Another thing many people worry about is inheriting congenitally weak organs. A patient who tells me, "Everyone in my family has weak hearts," and then explains that her grandmother had a "leaky valve" and her father had a heart attack, is speaking about two completely different illnesses that have no hereditary link to each other. On the other hand, a family in which one member had a heart attack, another a stroke and another severe kidney disease might all be affected by the same illness—arteriosclerosis.

What then are true hereditary illnesses? They are those diseases programmed at conception, when genetic material from the father's sperm and mother's ovum combine to form a new life. Some illnesses (including cystic fibrosis, sickle-cell anemia, Tay-Sachs disease and hemophilia), like some normal traits such as blood type, are laid down in the genes and directly transmitted from one generation to another. The source is the abnormality of a single gene.

Diseases passed on by a single gene tend to be rare and vary in the way in which they express themselves. In many such illnesses, the abnormal gene has to be present in both parents before it shows up in their children. The normal gene is dominant and tends to cancel out the recessive, abnormal one. Thus the recessive gene may lie dormant in the family for generations, having no effect until one member of the family happens to mate with another carrier. Even then, the odds are that only 25 percent of the offspring will develop the disease.

Today many single-cell diseases can be diagnosed early on in a pregnancy by using a technique known as amniocentesis, the analysis of fetal cells shed into the amniotic fluid inside the uterus. If you do inherit a disease such as sickle-cell anemia, however, there's nothing your doctor can do to cure it. He can try to prevent, and treat, its complications. The *(continued)*

Dieting can lead to stress

Dieting. It's a tricky business. Eat less than 2000 calories a day and you'll probably lose weight. But you may not get all the vitamins and iron you need. Unless you're on a diet recommended by your doctor—based on your life-style and the state of your health—dieting may lead to stress and a nutritional imbalance.

What is stress?

Stress is your body's reaction to any physical condition that places an unusual demand on it. And it can upset your nutritional balance. When you deprive yourself of essential vitamins, stress can cause your body to turn to its reserve supplies to make up the difference. If prolonged, a vitamin deficiency can develop.

B-complex and C. Vitamins the body doesn't store.

Your body absorbs two kinds of vitamins from the food you eat, fat-soluble and water-soluble. The fat-soluble vitamins are heavily stored in your body as a reserve supply for emergency use. But most of the water-soluble vitamins, B-complex and C, are stored in very small amounts and must be replaced every day. That's why, when a fad diet causes your body to use its reserves, the B and C vitamins can soon be depleted. And that's why supplementation is often advised.

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YOU AND YOUR HEALTH

continued

same is true for color blindness and d ens of more obscure hereditary proble

Diseases like diabetes, high blo pressure and cancer are often not here tary. They are "multi-factorial" diseas to which many genes plus a combinati of various bodily and environmental f tors may contribute. If such disea seem to run in certain families, it is l cause members, at most, may inheri susceptibility to the disease. Not eve body who smokes gets cancer. But if m members of your family smoke, can may seem to "run in" your family.

Because the causes of these illnesses so complex, there is a great deal indivi als can do to prevent them. If diabe seems to be common in your family, ke your weight down. If high blood pressu is a recurring problem, do the same.

Few cancers are hereditary

Most cancers are not hereditary, eith A few rare genetic diseases produce ca cer of the intestines, and some chromos mal defects may be associated with leuk mia, lymphoma and brain tumors. Lu cancer and cancers of the cervix and o ries do not seem to be hereditary.

Breast cancer, however, does tend cluster in families, though not in as p dictable a manner as we once thoug We had believed that women wh mothers had breast cancer had three five times greater risk of getting the d ease than women with no such histo Dr. Patricia Kelly of the University California, in collaboration with other g neticists, recently recalculated the ri Their findings showed that no probabil figures could be firmly established. H redity seems to be a factor in only t types of cases: when members of a fam tend to develop cancer in both brea or when the disease appears before t onset of menopause.

I explained to my young patient w was worried about inheriting diabet that high blood sugar level is not nece sarily proof that you have the disease. adults, high blood sugar can be broug about by a variety of factors, includi aging, weight, diet, high alcohol intake well as diseases other than diabetes. young people, on the other hand, a hi blood sugar level is almost always an i dication of juvenile diabetes, itself a d tinct disease, which seems to be som what hereditary.

"Then you don't feel I have anythi to worry about?" my patient asked.

"The most I can say is that your fam shows a slight tendency toward inheriti one of many things that affects the blo sugar level. The advice I'd offer is abo things I'd warn even a patient witho such tendencies: Don't become fat, g exercise and eat a balanced diet." E

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Brighten Up Your Kitchen: Under $50!

It's easy, it's relatively cheap to change a kitchen look from dreary to cheery with these new brights. ■ Instant zip comes from a handy little organizing system. Here, basic rack, $16; utility shelf, $9.50; hooks, 6 for $2. Also, in white, yellow, brown plastic; with various bins, towel holder, etc. WorkRack by Syroco. ● Give a new lift to everyday helpers with a happy tomato motif. Called "Farm Fresh," towel, $3; potholders, $2.20 each. By Bucilla. ● Add a breezy touch to your windows—here, 24" or 36" curtains ($6), peppy gingham valance ($4). By Louis Hand, div. of Aberdeen. ■ Smart idea—working with a new reversible quilted fabric (not shown), one yard ($4.97) can make six placemats, six coasters. Choose from calicos, florals, dots or a terrific strawberry basket. At Woolworth's. Total: $49.87!

Talking Turkey Platters

Thanksgiving's at your house this year . . . you gather the clan from far and wide . . . roast the glorious bird . . . and then panic! There's nary a platter in the house to hold a 12-or-so pounder. Be prepared. Investing in a large sized, flat platter makes good sense . . . and remember, Christmas is just around the bend. From left: ● Sturdy serving tray, 12"x18" clear faceted styrene; at variety stores, $5. ● Classic look, stainless steel and wood 21"; WMF Fraser Holloware, $38. ● Harvest corn ceramic, 16", Fitz and Floyd, $46. ● Big Tom, 20" ceramic; Plummer McCutcheon, 145 E. 57th St., N.Y., N.Y. 10022, $50. ● Subtle white turkey design, 22" ceramic; Sigma, The Pacesetter, $42. ■ Shiny (non-tarnish) 19½" Armetale; Wilton Co., $50. ● Graceful oval, white or putty 16" ceramic; Fitz and Floyd, $35.

November To-Do's:

■ Plan now to add color to a drab January. Plant indoor bulbs (narcissus, hyacinth) for forcing. Be sure to buy bulbs sold especially for indoor use. ■ Stay secure. Have your chimney—fireplace or woodstove—swept by a pro. Find a sweep in Yellow Pages or through The Chimney Sweeps of America, P.O. Box 65, Roselle, Ill. 60172. ● Good sales: wool and electric blankets, down or woolen quilts, body warmers.

Fast on the Draw . . .

Electric nailguns are powerful new tools that drive in nails quickly, accurately—without strain (or smashed fingertips). Great for installing paneling, weatherstripping; repair jobs or crafts. ● Swingline's Electric Nailgun drives and countersinks 1⅛2 inch nails, has rapid trigger with on-off lock, under $40. ■ Duo-Fast's Electric Paneling Nailer uses 1" and 1¼" brad nails in 4 colors, about $83.



Photographs by Allen Vogel. Illustration by Raymond Ameijide

YOU DON'T HAVE TO MAKE SPACE



You don't have to crowd your ountertops or rearrange your kitchen or the Spacemaker Microwave Oven rom General Electric. It fits right over our range, where it's out of your way nd still easy to get to. And the Space- naker oven comes with an exhaust an and work light for your range.

The Spacemaker oven doesn't just ave counter space; it gives you plenty f cooking space. Room for a 3-quart asserole or a 12-lb. turkey, and wide nough to hold two serving dishes side y side. So you can cook two ide dishes or reheat a meat and a vegetable at the same time.

But maybe the most amazing thing about the Spacemaker oven is its Automatic Cooking Control, an electronic sensor system that makes microwave cooking easier. It allows you to prepare everything from frozen entrees to casseroles without worrying about time, temperature, or power settings. Just indicate the kind of food you're cooking, press the start button, and that's all you do until your food is ready. Even roasts can be automatically cooked "rare," "medium," or "well done." Also a 3-digit Cook Code™ control automatically lets you prepare hundreds of recipes found in the GE Cookbook.

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LEADING LADY

continued from page 104

come this way, sir?" She knew who he was all right. Hers was the proper subservient attitude to take. Good God, once he got this theater under his control he'd change the whole damn staff. The doorkeeper would be the first to get the sack.

He strode after the dresser along the passage, swaying from side to side like a turkey cock. He stood on the threshold of the dressing room, his legs wide apart, his hat still on the back of his head.

She was sitting before the looking glass, patting her hair into place. She turned round with a little cry of distress.

"Oh, but can you ever forgive me for having kept you waiting? Those appalling film people never leave me alone for a moment—keep pestering me to go to Hollywood and offering me stupendous sums. Lewisheim has been on the telephone for twenty minutes." She waited a moment to allow her words to sink into the man's brain. She murmured something unnecessary to her dresser and then turned back to him with a smile. "However, let's forget about that—it's something quite apart. Now, please sit down—forgive this untidiness everywhere, but you know what it is, the last few days of a long run. First of all, I must tell you, I went yesterday afternoon to see your new revue. Oh, it's the most marvelous thing I've ever seen—but the most. I've never enjoyed anything so much. Those girls—the whole production! Of course you're an absolute genius; there's no one to touch you!" She shrugged her shoulders almost impatiently.

He did not attempt to conceal his smile of satisfaction. So she liked it? H'm. Lewisheim's productions would never hold a candle to his. This woman had sense, after all. She was looking more beautiful than ever, too.

"Yes, it's a good show, and I don't mind admitting it," he said loudly, blowing a great cloud of smoke into her face.

Her manners were exquisite; she didn't even wave it away with her hand.

"I spend more money on my productions than any other manager in London," he went on. "None of your skimpy, shoddy stuff for me. No painted scenery."

She made a little sound in her throat and shook her head for sympathy.

"Where you spend money you draw money," he announced, "and that's always the way I do things. If you and I put on this play of yours together, I'm going to see that you have the very best of everything. No—don't thank me." He spread out his large fat hand. "You're a businesswoman, you know what you're about when you join forces with me. My dear, you're going to have a big success, and you're going to make a packet of money."

She said nothing for a moment. What a conceited fool the man was! Talking to her as if she were some pathetic little actress striking out on her first venture. He didn't know anything about the theater either. Because he was rich he managed to surround himself with people who did, that was all. He was lucky, and they flattered him, but it was only his money they wanted. Then she leaned back in her chair, as if defeated.

"I think you are quite the most wonderful man I know," she said softly. He looked at her, and put away his cigar. Once more he bent towards her.

"I'm going to tell you something," he began in a slow, impressive tone, "and it's something that I don't say to many people, because I'm a very difficult man." He waited a moment as though to prepare her for some stupendous announcement. Then: "I like you," he said. "I like you very much," he went on. "There's no nonsense about you. You look a man straight in the face and tell him the truth. I'm a great believer in truth. If I say a thing I mean it. If I didn't like you, I'd be perfectly frank and tell you so. My frankness brings me many enemies, but I'm not afraid of any of 'em. They know what to expect. In fact, the words 'to be as frank as Paul Haynes' have become a common expression, so they tell me. If a fellow wants to hear the truth about himself, or someone else, let him come to me."

"Oh, but I admire you for that," she broke in impulsively. "It shows such strength of mind, and such a superb indifference to what the world thinks of you. They matter so little, don't they?—all the people we meet in this profession. I have my few friends—my books, my child." She turned with a wistful smile at the photograph on her dressing table. Half unconsciously she pushed the snapshot of a famous boxer out of sight behind a powder box.

"You are quite unique, my dear," he continued. "If you were not, I shouldn't be sitting here now. You know I've got a whole lot of ideas about the theater that I think would interest you. I'm a bit of an idealist in my way, you know."

The fatuity of this man! She glanced at her watch, shading her eyes with her hand.

"Tell me about yourself," she begged.

"I want to change the present conditions," he shouted. "I want to get a different atmosphere into the theater altogether and, by heaven, I'm going to do it. I've started with my own revues, and I want to do the same with the straight plays. Do you know my revues are the cleanest in England? There's not a line in my new show that would make a man blush. But that's not the point; that's not what I'm getting at. I'm going to put a stop to what goes on behind the scenes—all these dirty little love affairs, all this promiscuous stuff in dressing rooms. I'm going to make it my business to find o the private life of every actor and actr who works for me. I'll make a cle sweep of the rotters. I'm a powerful ma If I find out that any man or wom hasn't got a fit record, I'll see to it th don't get another job on a London stag

He leaned back, exhausted with l eloquence.

"Of course, you're quite right," s said without hesitating. "I suppose I weak. I shut my eyes to things. And hate to get anyone into trouble."

He went on, pleased with her rep "Do you know, you are one of the f actresses who has never been divorce Of course, you're a widow, but even your husband had lived, it would ha made no difference. Someone told m that five years ago, when you went abo a lot with John What's-his-name—the f low who left his wife and went out Australia. Whether it's true or not, y showed great wisdom in cutting him o of your life. They tell me he's gone e tirely to pieces—out of work, drinks li a fish. Now that's the type of thing I going to put a stop to; and I want you my side. You and I together, my dear, w be practically an unbreakable force. Wh do you think?"

She looked him straight in the eyes. agree with every word you say," she sa

He took her hand and patted it. "Pa ners—what?" he said, controlling l smile. "About the cast," he went o clearing his throat, "we've decided everyone, I think, except the other ma Is there anyone you fancy for that part

She began to polish her nails careless

"You know Bobby Carson, the boy w has been playing my brother in the pr ent play? He's really charming, and ve capable. Not a bit expensive either."

"It requires more than capability, y know. It's a striking emotional part. T second act is almost entirely in his hand if you remember. I don't care a dam about the expense. Now, the chap I wa in the part is this young Martin Wilto Have you seen him?"

"No." She turned to the dressing tab frowning ever so slightly.

"His play comes off next week, so might be able to get him. Come alo Friday afternoon; they have a matinee think he's the finest natural actor I seen for years. Quite young, quite u spoiled. Doesn't know how good he See what you think of him, anyway. H can rehearse the part on trial."

"Yes, yes, of course." She had hea too much already of this Martin Wilto People were raving about him. The crit were almost nauseating in their praise.

"Friday, then." She smiled. "How e citing! I shall adore it."

A few minutes later Haynes lean back in his taxi with a smile of satisfa tion. He decided he had made a gre impression on her. Well, it *(continue*


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LEADING LADY

continued

was not surprising. After all, he was rich; he had brains; he was under 60. He felt that she had probably never met anyone quite like him before. He admitted that her husband had been a remarkable man, but no doubt very dull to live with, always wrapped up in his work, seeing her only as a character in one of his plays. He couldn't have known how to make a woman happy. Good thing he had died when he did.

Idly he wondered whether she was lonely. You never heard her name coupled with anyone—not since that fellow went to Australia, all of which was undoubtedly malicious gossip. Well, she had seen eye to eye with him over his ideas for the theater. It was a wonderful scheme of his, to launch a great purity campaign. With the *Daily Recorder* to back him up, he would get tremendous publicity. He would be known as the man who cleaned up the English stage. And Mary Fabian would help. Her beauty and his brains would make a great combination. He supposed she must be well in the 30s by now, with a child growing big. She wasn't everybody's money. Jove, what a figure, though! He would like to see her in a diamond necklace and with a little less on. This next play was going to be enjoyable in many ways.

Back in the dressing room, Mary Fabian was cursing him for having kept her so long. He hadn't even apologized. What an appalling man! All that frightful twaddle about his clean revues, while he smacked his lips at her as though she were butchers' meat.

"Tell Mr. Carson I'm alone now," she said to her dresser.

It was past midnight, and she wanted her supper. Impatiently she began brushing her hair behind her ears.

"Bobby," she called through the wall. "Bobby, my sweet."

She sat in the stalls on Friday afternoon without moving a muscle of her face. She was alone, after all; Paul Haynes had been called to Manchester. She thanked heaven for his absence. She could not have borne with his enthusiastic remarks, his eager concentration upon the stage. She drew her fur coat around her as though she did not wish to be seen.

This Martin Wilton was good, far too good. His personality stuck out a mile, with his vivid face and tawny hair. No her type at all, of course; but that was no the point. Even had he been attractive t her, she would not have considered him Not for a moment. It was much too dan gerous. It would be fatal to have him i the new play; he would run away with entirely. She would become a secondar figure, her part would not matter at all.

And she had reached an awkward mo ment in her career. The slightest slip, th smallest mistake, and attention would b drawn away from her. People would sa she was becoming monotonous, she wa overplaying herself. No, this boy was to good. Already she could imagine the firs night, with Martin Wilton getting th applause. She would have to stand in th background and efface herself, pushin



him forward with a smile. And the papers next morning would be a paean of praise. "Mr. Martin Wilton gave the finest performance of the evening." And so on . . .

Something had to be done. He must be prevented at all costs from playing the part. She would have to be careful, though; it was not going to be easy.

Mechanically she wrote a note to Martin Wilton after the matinee.

"Your performance quite marvelous. Never seen anything like it. I want you to come and be with me in my next play. Will send it along for you to read tonight. Wonderful part for you. Forgive me for not coming round. I've got to dash away."

She felt she could not face that boy now. She drove home, racking her brain for some solution to the problem.

On the morning of the first rehearsal, when Martin Wilton was to read the part for the first time, she received a wire from Haynes. "Detained Manchester. Impossible to attend rehearsal. Rely on your judgment entirely *re* Wilton."

She crushed the wire in her hand and went onto the stage, sensing victory.

"Mr. Haynes is in Manchester and can't get away for the rehearsal. Is everybody here? Then we'll begin at once."

At eight o'clock, when they had finished for the day, she flung herself down in her chair, exhausted. Things had gone exactly as she had feared; the boy had been wonderful—never seemed to make a mistake, and his technique was uncanny. How she hated him!

She sat in front of the mirror and began to make up her face very carefully. She cast her mind back to the night last week when Paul Haynes had voiced his grotesque plans for delving into the private lives of actors and actresses, and the germ of an idea came into her mind. "Will you tell Mr. Wilton I should like to see him?" she said to her dresser.

In a few minutes the boy knocked at her door. "May I come in?" he said shyly. She gave him a dazzling smile; she held out her hands. "We've got so much to discuss," she told him. "Are you doing anything this evening?"

The boy flushed. "As a matter of fact, I was going back to my wife, but if it's important I can easily ring her up."

She gave a little cry of astonishment. "Married! But you're far too young. What do you mean by it?" She shook her head at him in mock reproof. "Ask her to spare you for a few hours," she pleaded. "We've got to talk about this second act."

In half an hour they were having dinner together in her flat. At first he was painfully shy, he would scarcely say a word. Completely unselfconscious on the stage, in private life he was nervous, clumsy, aware of his hands and feet. She pretended not to notice; she smiled encouragement, she spoke softly, using all her old tricks mechanically. Soon he began to warm to the influences of the room, her voice, excellent food and his second glass of wine. He could scarcely believe he was sitting here alone with Mary Fabian.

She sat with her face in her hands, a cigarette between her lips. The fire cast great shadows on the ceiling and played about her profile. Her hair shone dully like an old coin. She was so human, so open with him; and he loved the room, with the heavy curtains, the shaded light and the smell of the queer stuff she burnt on the fire. He was happy and at peace; she seemed to understand him so well. He had never found anyone who could listen to him like this, not even his wife.

"I want you to sit by the fire, and smoke a cigarette, and tell me all about yourself," she had said.

He found himself speaking to her as if he had known her for years, explaining the worry of those early years, and how he had fought and struggled with his family.

(continued)



LEADING LADY
continued

"You seem to understand things about me that nobody else has ever dreamt existed," he said. "The serious side of me. What I really feel about life. Because I do feel things, you know, tremendously. People have often told me that when they first meet me I seem horribly shy. All my life it's been the same. My mother, bless her, could never understand my passion for the stage. You're so awfully sympathetic." He gazed at her with worship in his eyes. "You'll think me absurd," he went on, gaining confidence, "but the one ambition of my life, ever since I first went on the stage, was to act with you. I've dreamt of it for years."

"No, no—you're joking!" She smiled.

"I promise you it's absolutely true. I saw you first about five years ago, and I remember thinking to myself: 'There is somebody worthwhile, who spends her time giving happiness to other people.' Oh, you were simply wonderful. You became my ideal, my sort of guiding star. I judged everything by what I imagined your standards to be. I guessed you would never put up with the second rate in life, or in acting. You would only accept the best. I love it more than anything in the world—the theater, I mean."

She stirred slightly, and reached for his hand. "You dear," she murmured; "you dear quixotic person." Then she leaned back in her chair, pillowing her cheek against a cushion.

If he went on much longer she felt she would scream. What a fool he was! She turned her rising yawn into a smile. "You know, you remind me of myself," she told him. "Oh, yes, quite a lot. All your ideals and beliefs. I so appreciate your outlook on life. Ah, how well I understand! I adore my work. I couldn't live without it. One doesn't care about money, people or success—it's just the longing to achieve something, isn't it?"

"Yes, yes!" he said eagerly.

"To create a living character out of a mass of words, to breathe life into it, to—to—" She made a little gesture with her hands, uncertain how to continue. "Oh, how marvelously you understand!" she ended, and: "We're going to be such friends, you and I."

She slipped from her chair to the floor, crouching, her hands spread to the blaze of the fire. Her head was aching; she had had a tiring day. She was longing to go to bed and to sleep. What on earth was he talking about now?

"Hamlet," he was saying. "I want to play Hamlet as no one has ever dared to play it before. There is something terrific about him, misunderstood, suppressed. You remember, in the beginning of Act Three, when he is with Ophelia, when she starts, 'My lord, I have remembrances of yours,' you know . . ."

"Yes, wonderful, wonderful!" she murmured. Oh, God, not Shakespeare, not at this hour! She made no attempt to listen. She was wondering what time Paul Haynes arrived back from Manchester. He was certain to ring her up. The boy mustn't be here then.

"It will almost break my heart if I don't play this part with you," said Martin Wilton. "It's the chance of a lifetime. It's going to be hell until it's settled. Supposing Haynes thinks I'm no good?"

She broke from her thoughts with an effort. "Of course, you are young," she said gently, "a little too young. Personally, I think it makes the part all the more sympathetic, and I shall tell him so. Paul Haynes is a very difficult man, but I think I can persuade him. Unless he gets some absurd idea into his head. He's very thickheaded and obstinate, and once he has made up his mind, nothing in the world will change it. But I'm sure he will like you; he is bound to agree with me."

He seized hold of her hands and kissed them. "You are being an angel to me," he said, flushing. "I can't ever forget this."

She smiled at him sadly; she ran her hand through his hair. "You remind me of someone I used to be fond of . . ." she began, and then broke off, as though emotionally moved. He cursed himself for his lack of tact. Of course, her husband was dead. It must be terrible for her. How brave she was, facing life alone like that! No one to look after her.

"You must go soon," she whispered. "It's getting late. And I've got to say good night to my little girl. She won't sleep until I've tucked her up myself." The child was with a nurse in lodgings on the east coast, but he would never know that. He had probably seen pictures of her soon after she was widowed, holding the child in her arms. When she appeared the first time after her husband's death, in one of his plays, carefully made up, allowing herself to look a little wan a pale, the audience had gone nearly ma The publicity had helped her enormou at the time.

"She is the only thing I have left," s said gently.

He stroked her hand awkwardly, like clumsy animal. "I wish I could help," began. "I hate to think of you like th . . . I had no idea . . ." He fumbled wi the bangle on her wrist. She seemed ve young suddenly, very pathetic. I wished he knew how to comfort her. T world who watched her act would nev guess that off the stage she was tl sweet, simple woman, brokenhearte her life empty.

"It's all right," she was saying, "b sometimes one gets so lonely . . ."

Awkwardly he put his arm round h patting her shoulder as though she wa child. She reached for her scrap of handkerchief, turning her face from hi blowing her nose and laughing shakily.

"I feel so ashamed," she said. "I never let this happen before."

He brushed the top of her head wi his lips, at a loss for words, and the impulsively, "Look here—you ought meet my wife; she's the most sympathe person in the world. I know you'd li her; she has a sort of gift for killi depression; she's an absolute ang We've only got a tiny flat in a mews, b she'd adore to meet you. Come rou now—it's not too late. She said she wou go to a film when I rang her, but she'll back by twelve. And we've got some wo derful records I'd love you to hear. Beethoven concerto, César Franck . . .

"No, no, you mustn't tempt me li that; it isn't fair. I've been foolish tonigh I can't understand myself. And I shou love to meet your wife, some other tim . . . But I'm tired now; we are both tire and you must go. Bless you for being sweet to me."

(continue



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LEADING LADY

continued

"[illegible] I've done nothing. [illegible] on [illegible] it's [illegible] marvelous [illegible]. You've brou[illegible] all my old ideals and faith in the theater. You've [illegible] everything [illegible] and offered [illegible] mak[illegible]

He [illegible] "Berk ing [illegible] he's going [illegible] in the clouds. [illegible] with this glorious [illegible]

[illegible] hi[illegible] [illegible] behind her [illegible] her lips. [illegible] the telephone [illegible] Haynes.

Hug[illegible] back from [illegible] ed or [illegible]

"Go [illegible]

She [illegible] her face [illegible] mat[illegible] using no color but shadowing her [illegible] She looked beautiful, but tired, strained.

Now I'm not going to [illegible] on up," he said as soon as he came into the room. "You've had a long day, and so have I. We can't afford to burn the candle at both ends in our profession, eh? Got to have beauty sleep." He smiled broadly, showing large gums. "Just tell me how it went. Everything go off all right without me?"

"[illegible]lous considering. You know [illegible] rehearsals are."

"Tell me—how did they all seem?"

"Splendid, on the whole. I don't think we need make any change."

"And what about young Martin Wilton? Is he going to be good?"

He was very much all there. Knew exactly what to do. He won't require much [illegible]. His technique is marvelous [illegible] young. I can't understand [illegible] learned it all.

He [illegible] to be

"No—not at all. I don't think I hope not. We don't want to [illegible] a blunder. Oh, [illegible] I wish you'd been there!"

"Yes, I could have told you what I thought as soon as I'd clapped eyes on him. How did he strike you personally? Did he seem a nice chap? Not conceited? Will you like having him in the theater?"

She did [illegible] reply for a moment; and [illegible] herself a little self-conscious. [illegible] her job—I've said so [illegible] What more can I [illegible]

"[illegible] [illegible] him [illegible] [illegible] [illegible]

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Massengill MEDICATED DOUCHE

THE COVENANT

continued

The next days were marked with preparations for the trip to Graaff-Reinet, 92 miles to the northwest, and Tjaart instructed the servants as to how they must mind the farm during his absence and care for his mother, Ouma Wilhelmina, who would remain behind.

Nachtmaal (night meal) was Holy Communion. It was held four times each year, and those living near the church were expected to attend each one. But Boers in remote areas were forgiven if they missed entirely for three or four years, because at the first opportunity they would come on pilgrimages that might last a month. With them they brought children to be baptized, young lovers to be married, and elders who whispered, "This might be my last Nachtmaal."

There could be nothing more exciting and spiritually satisfying than this joyous celebration of the Dutch Reformed Church, for in its companionship there was a social renewal and in its religious services a deepened pledge to Calvinist doctrine. A week of Nachtmaal lent grace and harmony to the lives of the Boers and explained why they formed such a cohesive group.

The rite was carefully structured: church services each day for four days, the one on Sunday lasting four hours; public weddings and baptisms; acceptance of new members into the fellowship; much time set aside for buying and selling of properties; and wonderful singing parties at which youths were almost challenged to fall in love.

But what everyone cherished about Nachtmaal was the strengthened friendship of families who had shared common struggles and had pondered during the difficult years their relationship to God. In the English community there was nothing similar to Nachtmaal, which was one reason why the English could never be mistaken for Dutchmen.

The Van Doorn wagon was not of the best for this long journey: 92 miles over a demanding terrain, with the 16 oxen able to do at best eight miles a day. The cart had worn wheels and such a tattered canvas that Tjaart had been saying for some years, "We must find ourselves a new wagon." Now that he was heading for Graaff-Reinet, capital of the northeast, he was determined to acquire the best wagon possible, even if he had to trade all the sheep he was driving to the town to get it.

But his excitement in heading north was nothing compared to his daughter's, for she had convinced herself that when the Van Doorn wagon overtook the De Groots' in the far middle of nothingness, they would form a kind of royal procession, and at the entrance to Graaff-Reinet they would meet Ryk Naudé, who would be waiting for her like a young prince. She had practiced her speech of welcome: "Good afternoon, Ryk. How pleasant it is to see you again." She would speak to him as if their parting had been two days ago, not two years. She experimented with charcoal to make her eyebrows darker and red clay to touch her cheeks. She pestered her mother and the slave women to convince herself that she would be acceptable in Ryk's eyes, and they assured her that she was a young woman whom any man would be pleased to have.

No one watched her with more approval than Tjaart. And he told his wife, "Jakoba, when a girl is almost fourteen she better think about catching herself a husband. You almost waited too long." She had been all of 16 when the Widower van Doorn rode 70 miles to find her, and she could remember how worried she had been. "Minna's just right for her age, Tjaart. She has a good head."

The senior members of the family had also been attending to their appearance. Jakoba had made herself a new dress, a new bonnet and had ordered new shoes for herself and Tjaart from Koos, an old cobbler who moved from farm to farm. Tjaart, in turn, had unpacked his one fine suit of dark clothes: coat, vest, trousers with a big front flap, felt hat with enormous brim. On the final evening, all the attractive things were spread on the floor prior to being wrapped for the dusty journey.

In the morning they started, all in their oldest, roughest clothes. Four Coloureds accompanied them to tend the 16 oxen, pitch the tents at night and guard the large flock of sheep Tjaart intended to trade for his new wagon, and three women slaves came to do the cooking and watch after the needs of the travelers.

They were traveling over a route with which the Van Doorn people had been acquainted for many years. The slow movement of the oxen—each of which responded only to its individual name—the swaying of the wagon, the soft singing of the slaves and the rhythmic walk of the men produced a kind of timeless lethargy in which there was constant movement but little change, just the grand emptiness of the veld across which not even animals moved at this time of year.

But there was excitement! Minna, alert to the increasing nearness of Graaff-Reinet, began to display nervousness; for one thing, she kept strictly in the shade so that her complexion would be as light as possible, for she knew that Boer men treasured this in their women. When the afternoon sun threatened her face, she produced a light goatskin mask which she wore as a shield. At intervals she also smoothed her rough traveling dress as if she were already preparing to m young Naudé. And often she joined slave women in their singing, for heart was fluttering and sought relea She might not be beautiful, but she inspiring to see as she blossomed in veld, and Tjaart reveled in her happin

Her nervousness was caused in part the delayed departure for Nachtm which meant that the Van Doorns and Groots would arrive not on the Wedn day as planned, but only on Friday its when the ceremonies would be beg ning; and it was in those prelimin days, before the preaching began, t the young did much of their courting.

"Minna!" her father assured her. "H appreciate you more when you do arri He'll be hungry to see you."

And then came the small mira which enlivened the prospect Nachtmaal. Out of the east, at a far d tance, rose a faint sign of dust. It m have been 15 miles away, two days travel, but there it was, a mark in the s And all that first day the Van Doo watched the pillar of dust, and at nig they strained their eyes for any indicat of light—a campfire perhaps—but no showed, and on the second day th looked with joy as the pillar expand and assumed the thickness that would caused by a large team of oxen.

It was the De Groots, coming out the northeast, leading a herd of co converging their course with that of t Van Doorns, and before evening the ju ture had been made. There were kis among the women, backslapping for t men and the jollity of renewed frien ships for the servants and slaves.

The two wagons rode together for t next four days, at the end of which Groot said with some confidence, "W soon see Graaff-Reinet," and Minna w walking at the head of the processi when she cried, "There it is!"

The entire town was given over to t canopied wagons of men and women w had traveled vast distances for this ligious ceremony. The large square front of the church was crammed w wagons by the time the Van Doorns rived, but there was a tree-lined stre leading to the parsonage that in son ways was preferable, for one's wagon w not surrounded by neighbors, and he the Van Doorns and the De Groots se tled down.

It was Friday morning, and befo Minna had time to seek out young R Naudé, everyone had to convene in t famous white-walled church. The V Doorns arrived just as the first long se vice was to begin, and they met with tw situations that shocked them. The re dent dominee was absent in Cape Tow and in his place served a large, red-fac preacher from Glasgow who could bare speak intelligible Dutch.

And then Minna saw to her *(continue*



Got a minute?
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Cut-It-Short Torte

1 Duncan Hines Pudding Recipe Devil's Food Cake Mix
1-8 oz. frozen whipped topping, thawed
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Mix and bake cake as directed on package in greased and floured 9-inch tube pan at 350°. Cool. Split cake into 3 layers. Spread 1/3 of whipped topping, then 1/3 of pie filling between each layer and top. Chill until set.

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Duncan Hines

Mock Eclairs

1 pkg. Duncan Hines Deluxe Yellow Cake Mix
2-5 ounce cans lemon (or vanilla) pudding
Chocolate fudge topping

Mix and bake cake as directed on package in 13½x2-inch pan. Cut cake into sixteen 4½x1½-inch pieces. Cut each piece in half lengthwise. Spread one tablespoon of pudding between split cake pieces and top with chocolate fudge topping. Store in refrigerator.

Choc-A-Bloc

1 pkg. Duncan Hines Deluxe Deep Chocolate Cake Mix
1 quart brick mint chip ice cream
Chocolate topping

Mix cake as directed on package. Spread batter in a greased and floured 15½x10½x1-inch jelly roll pan. Bake at 350° for 20-25 minutes. Cut cake into serving size squares. Put a slice of ice cream between 2 pieces of cake and add chocolate topping. Serve at once or store in freezer.

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THE COVENANT

continued

horror that Ryk was sitting with a family that had a girl 15 or 16 years old and of remarkable beauty.

"Oh!" she sighed, and when her father asked what was the matter, all she could do was point with trembling finger across the church. Tjaart saw the girl, and for the duration of the service he could not take his eyes away. She was a glorious child, and at the same time a woman; her skin was fair, but touched with red at the cheeks; her face was broad and perfectly proportioned; her neck and shoulders were frighteningly suggestive.

"Look at her!" Minna whispered, and he blinked his eyes and began to look at her in a different way, and what he saw boded unhappiness for his daughter, for this girl, whoever she was, had obviously decided that she was destined to marry Ryk Naudé and was ingratiating herself to him. Tilt of head, movement of arm, deep convincing smile, flash of white teeth—she used them all until the young man seemed quite bewildered by what was happening. Tjaart, himself so profoundly affected by the girl, knew that Minna had lost her young man, and to quiet both himself and his daughter he took her hand, and felt its trembling.

None of the Van Doorns paid much attention to the Scots minister, who was delivering one of the dullest sermons they had ever heard; he lacked the fire of a true Calvinist predikant, keeping his voice to a monotone, with none of the tumultuous raging the Boers liked, and often his words could not be easily understood. The true fire rested on the benches occupied by Ryk Naudé and his new girl.

When the sermon ended and the Boers had come out into the square, Minna, without any sense of shame, moved swiftly toward Naudé where he could not escape her, and said boldly, "Hello, Ryk. I've been waiting to see you."

He nodded bleakly, well aware that he had promised two years ago to attend Minna at the next Nachtmaal they shared, but also aware that any such promises had been obviated by the dramatic arrival in town of the girl he now presented: "This is Aletta." He did not give her last name, for he had already determined that before this Nachtmaal ended, she would take his.

Aletta was as charming to Minna as she had been to Ryk during the service, and when Minna's father lumbered up, she was equally gracious, extending her hand and greeting him with a smile. "I'm Aletta Probenius. My father keeps a store."

"He's the man I seek," Tjaart said. "Is it true that he has a wagon for sale?"

"He has almost everything," Aletta said with a fetching toss of her head, and in the various events that accompanied Nachtmaal she demonstrated that, like her father in his store, she, too, had almost everything: smiles, witticisms, grace and enormous sexual magnetism.

For Minna that first Friday was agony. One close look at the radiant Aletta warned her that chances for catching Ryk Naudé had vanished, and this so confused her that she did a series of things that made her look quite foolish. First she sought Ryk at his wagon to remind him of what he had promised her two years ago . . . "We were children then," he said.

"But you told me."

"Things have happened."

"But you told me," she repeated, clutching at his hand, and when he tried to pull away, she grabbed at him. She wanted Ryk, and was terrified by the prospect of returning to isolated De Kraal for another span of years, after which she might be too old to catch herself a husband.

Ryk, at 18, had never experienced anything like this, for Aletta had permitted him only to hold her hand; he became so confused he did not know what to do, but his mother came up, deduced what was happening, and said calmly, "Hello, Minna. Hadn't you better be joining your parents?"

"Ryk said that he—"

"Minna," Mevrouw Naudé said, "you'd better go—now."

"But he promised—"

"Minna! Go home!" And she thrust the bewildered child away.

The following days were torment. In church Minna stared at Aletta, and one evening as service ended she followed the girl to her father's store and confronted her: "Ryk Naudé is promised to me."

"Minna, don't be foolish. Ryk and I are going to be married."

"No! He told me . . ."

"Whatever he told you," Aletta said with a sweetness that would have mollified anyone else, "was two years ago. You were children, and now he's a man and he's going to marry me."

"I won't let you!" Minna cried, her voice rising so sharply that Mijnheer Probenius came out from his shop to see his daughter being assaulted by a strange girl.

"What goes on here?" he cried, and when it became apparent that the girls were fighting over a man, he laughed heartily and said, "You ask me, that Ryk's not worth the trouble. You'd both be better off without him."

Placing his arms about the two girls, he sat with them, telling Minna, "You can't be more than thirteen. In Holland, girls don't marry until they're twenty. Minna, you have seven years."

"Not in the wilderness. And Ryk promised me . . ."

"Men promise a lot of things," Probenius said. "In Holland right now are three girls I promised to marry when I returned home. And here I am in Graaff-Reinet with a daughter sixteen years old who's to be married on Tuesday."

"Married!" Minna cried, and she dissolved into tears, the shattering tears of a little girl striving to act like a woman.

To her surprise, Probenius took her round, tear-splattered face in his two hands, brought it up and kissed it. "Minna, this world is full . . . *(continued)*



Journal Shopping Center

FASHION: PRIVATE LIVES

PAGES 96 AND 97: CHARACTER two-piece sleep set trimmed in lace. Available at Saks Fifth Avenue all stores. *Top insert:* VANITY FAIR underwire bra with nylon Lycra stretch back and flowing petticoat available at Macy's, N.Y.C.; Milwaukee Boston Store, Milwaukee; J.L. Hudson, Detroit; Maison Blanche, New Orleans; Emporium Capwell, San Francisco; Hinshaw's Dept. Store, Arcadia, Ca. *Lower insert:* MAIDENFORM deep plunge bra and tap pants with lace available at Macy's, N.Y.C.; Kaufmann's, Pittsburgh; Woodward & Lothrop, Washington, D.C.; Jordan Marsh, Miami; J.L. Hudson, Detroit; Marshall Field & Co., Chicago; Macy's, San Francisco; Bullock's, L.A.

PAGES 98 AND 99: OLGA flowing nightgown. At Bloomingdale's, N.Y.C.; Rich's, Atlanta; Nordstrom's, Seattle; Foley's, Houston; J.W. Robinson, L.A. *Insert left:* VAL MODE sleep teddy with sheer lace detail. At Macy's, N.Y.C.; Bamberger's, New Jersey; Woodward & Lothrop, Washington, D.C.; Burdines, Miami; J.L.Hudson, Detroit; The Broadway, Los Angeles. *Insert right:* ALICE MALOOF camisole and flared petticoat at Saks Fifth Avenue, N.Y.C.; Flah's, Latham, N.Y.; Furchgott's, Jacksonville, Fla.; Charles A. Stevens, Chicago; Godchaux's, New Orleans; Smart Shop, Houston; Frost Bros., San Antonio; Leon's, Inlet Tex.; Bullock's, L.A.

All prices approximate.

DECORATING: KIDS' ROOMS

PAGE 100: All toys and accessories are from Puddleducks and Pandas, 24 Loewen Court, Rye, N.Y.

PAGE 101: Red turtle stool by Ambidextrous, Inc.

PAGE 102: Above, "Pipeline Cord" sheets from the Utica Collection by J.P. Stevens. Below, "Heritage Lace" comforter by Cannon.

PAGE 103: On counter, heart-shaped pencil cup by Ambidextrous, Inc.; Apple bank by Sarsaparilla Deco Designs.

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THE COVENANT

continued

of young men who need a wife like you."

"Not in the wilderness," she repeated stubbornly as Probenius got her to her feet, saying, "Let's no one speak of this." And he gently moved her along toward her parents' wagon.

Of course, everyone spoke of it, and when Tjaart reported at the store to discuss the exchange of his sheep for a new wagon, he found Probenius disturbed that gossip should have struck so hard at little Minna: "She's a fine child, Van Doorn, and I'm sorry this has happened. But she'll find a host of young men."

"Her heart was set on Ryk. What kind of fellow is he?"

"The usual. Talks big. Acts little."

"Are you happy with him?"

"Are parents ever happy with anyone?"

"Aletta's an impressive girl."

"I sometimes fear for her. Back in Holland she'd be all right. Many young men to court her, for she is pretty. But also many young women just as attractive to break her heart now and then."

The two men turned to their bargaining. In trading, Probenius was a hard man, which accounted for his conspicuous success, but Tjaart was equally difficult, which explained his successful farm. At the end of Friday's negotiation no agreement had even been approached. Tjaart had some of the finest sheep Graaff-Reinet had seen, and Probenius had a new wagon superior in every way to what Van Doorn had been using.

On Saturday, Tjaart brought his family to inspect the wagon, and they found it to be even better than Tjaart had reported. It was a handsome piece of workmanship and the Van Doorns needed it.

There could be no bargaining on Sunday, of course, for in addition to the four-hour service and the acceptance of new members, the predikant offered to conduct a special service for the baptism of babies who had missed Saturday's rite.

On Monday, Tjaart returned to the store for some serious trading.

"Let's get one thing straight, Van Doorn. Once I set a price, I never lower it," Probenius began forcefully.

"Let's get a second thing straight," Tjaart responded. "I am prepared to herd my sheep right back home."

There were in South African life two events that struck terror in the hearts of ordinary people: when two bull elephants raged in low scrub, knocking down trees in their feud; and when two Boers engaged in a business deal. Awed Englishmen, watching the deceit and conniving, the bluster and outright falsification of evidence that occurred when one Boer was trying to outsmart another, sometimes wondered how the new nation survived the passions and near-strangulations.

"Then you should certainly drive your sheep back one hundred miles for the slight advantage you'd get," Probenius was saying offhandedly.

"I'm prepared to do that," Tjaart said.

After a brief pause, Probenius sighed and challenged, "Now, when will you be delivering the sheep?" and Tjaart said, "Never, at your prices!" And he stomped from the store, exactly as Boer custom required.

On Tuesday there was no negotiation, because that was the day of the marriages, when couples in from the distant hills stepped before the predikant with their three and four children to have their unions recognized by God and confirmed by the community. It was a solemn time, the frontier church was filled with witnesses who used this ceremony to renew their own vows, and girls of nine and ten watched wide-eyed as the words were said and the marriages were blessed.

But the highlight of the day was more traditional, for at the conclusion of the marriages already in existence came the young couples, and on this Tuesday, Ryk Naudé, a handsome fellow, was taking as his bride the bewitching Aletta Probenius. They stood before the predikant like two golden creatures, blessed in all ways, and their youthful beauty lent grace to all the ceremonies that had gone before; they represented what marriage should be, and Minna van Doorn wept as they were wed.

On Wednesday, Probenius came to Tjaart's wagon, kicked at the wheels and said, "Do you seriously think you could get this thing back to De Kraal?"

"Yes," Tjaart said defiantly.

After judging the situation carefully, Probenius said with a show of honest summation, "Tjaart, you need my wagon. And I could use your sheep, scrawny though they may be. Let's talk seriously." He offered a new price.

At this moment, a man came looking for Van Doorn, and this gave Tjaart an excuse to defer the negotiations: "Think it over, Probenius." And he threw out a price markedly lower than the one the storekeeper had just proposed, but not enough to be insulting. "I promised to talk with this gentleman."

It was a curious use of words, for if there was anyone at the Nachtmaal who was not a gentleman, it was this odd fellow, Theunis Nel, 48 years old, short, rumpled, unshaven and poorly dressed. Three times during Nachtmaal he had come seeking guidance from Tjaart, and thrice he had been put off. Now he was welcomed warmly.

"Theunis, my trusted friend, what can I do for you?"

In addition to his other infirmities, Nel had two which irritated many persons. He lisped slightly, and his left eye was both cocked and watery. Now *(continued)*


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LAST
FIRST

THE COVENANT

continued

he said in a pleading voice, "Tjaart, please speak one more time with the predikant."

"It's quite useless, dear fellow."

"Maybe things have changed. Maybe he'll be more compassionate."

"Haven't you got a job?"

"Oh, yes! I'm teaching school . . . for several families . . . over, beyond the mountains."

"I'm very happy that you have work, Theunis."

And then the terrible fire that burned in the heart of this little man manifested itself. He said, "Tjaart, I am indeed called of God. I have a mission. I feel driven to pass through this community, helping and praying. Tjaart, beg the predikant to ordain me."

He was a pitiful man; refused entrance to any real theological school back in Holland, he had been half-trained at a kind of missionary school in Germany. Itinerant teacher, wandering scholar, frontier sick-comforter, his only virtue was that of all the Dutch sick-comforters in Africa and Java, he was the one who truly brought comfort to the dying.

And that was the constant anguish! As a sick-comforter, Theunis Nel could read the sermons of others but never preach one of his own.

"What can I do?" Nel pleaded, and all Tjaart could say was, "You're a teacher. You are God's sick-comforter. That's the way you must serve."

On the way back to De Kraal in the new wagon, Tjaart thought several times that he would burst into tears before his entire family, something he had never done. But his anguish over the despair of little Minna was almost more than he could bear, and even as he tried to console her he felt himself coming apart, and he would leave before he made a fool of himself. Walking beside the lead oxen, he would try not to think of her sorrow.

One afternoon he heard a sudden cry from the wagon, and when he rushed back he found that Minna had undone the cloth in which her new dress was being carried and was tearing the garment apart, throwing the bits away.

"Daughter!" he cried in rage. "What are you doing?"

"It's no use! I am lost!"

Climbing into the wagon beside her, he took her in his arms and told the slave women to recover the bits of cloth and take the dress away; it could be mended. He was not so sure about his daughter's heart, for in the days that followed she fell into a fever and lay in the wagon shivering and not caring whether she lived or died. The women had several remedies for such afflictions, but none sufficed, and on the third night Tjaart crept into bed with her, and kept her warm and comforted her, and when the dawn broke he said, "We must both forget Nachtmaal."

Late one morning as Tjaart returned from inspecting his flocks, he was alarmed to find five horses tethered at his house. But when he entered the kitchen he found no sense of urgency. Five neighbors were joking with Jakoba and Minna as both of them brought large platters of food.

The leader of the group was a farmer named Balthazar Bronk. "We've come to enlist your services," he said to Tjaart.

Tjaart could not guess what would come next, but a member of the group said, "You're the only one of us who ever learned to read. None of our children can read—"

"We need a teacher," Bronk interrupted. "Find us a teacher."

"Who would pay him?" Tjaart asked cautiously.

"All of us. We have so many children."

As expected, Tjaart was of help. "At Nachtmaal, I was speaking with Theunis Nel . . ."

Bronk groaned. "We want a real teacher. Not a squint-eye."

Another said, "We must have a school. Go see him, Van Doorn."

Tjaart reined his horse at the northern farm of Gerrit Viljoen. After the owner welcomed him, Tjaart said abruptly, "I came to steal your schoolmaster."

"No complaint from me. He's about done his job at these farms."

"Do you recommend him?"

"I do. I do. Knows his numbers. Knows his Bible."

"Have I your permission to speak with him?"

"I'd be relieved if he found a good job." He paused. "A man so ill-favored needs help."

When Tjaart saw the itinerant teacher approach—crookbacked, and almost 50 years old—he shuddered. This man could never teach! But later when he consulted the families, he found that all spoke of Nel with affection.

That night Tjaart offered Nel the job, and the little man wiped his watery eye and blessed him.

It was agreed that Nel would live with Balthazar Bronk and his many children, and it was there in a small storage shed converted to a schoolroom that he collected his 33 youngsters and taught them the alphabet, the Bible and the counting tables.

He had one weakness as a schoolmaster, and the farmers who employed him could not correct it. "I am," he told them, "first and last a sick-comforter," and if anyone in the region fell ill or approached death, he felt obligated to appear at the bedside.

The Van Doorns became personally affected by Nel's dual functions when the old grandmother fell ill. Ouma Wilhelmina was past 60 and her life was ending in a painful sickness. Nel, hearing of this, closed school and came to De Kraal, where he said simply, "I am told Ouma is dying."

"She is," Tjaart said, tears marring his broad face and beard. "She built this farm." He led Nel to the dark room in which the old woman lay, and the first thing Theunis did was open the blinds and the windows. He then stepped to the bedside and spoke to Ouma Wilhelmina as if she were one of his scholars: "Now tell me how you got this farm," and when she had spoken only a few words, he interrupted, ran to the kitchen and told Tjaart, "You must assemble all the children, immediately. Ouma wants to talk with them."

Nel recognized that she possessed words of importance that ought to be passed from one generation to the next. So when they were all assembled, Nel arranged them in the sickroom and said, "The generations of man are but as the winnowing of grain, and when the chaff is blown aside, the wheat must be treasured. Ouma has had a powerful life and you must know about it, and tell it to your children's children."

In a wispy voice, sensing that she had only hours to live, Ouma Wilhelmina began to tell her life's story. Soon after she had begun, she broke down momentarily, then said an unfortunate thing: "I want to tell you about Nachtmaal at Graaff-Reinet. We went four times, I think and the farmers . . ."

At the mention of Nachtmaal, Tjaart became aware that someone near him was sobbing. It was Minna. Death she could tolerate, but Nachtmaal carried memories too bitter to accept. Dashing from the death-room, she ran from the house and toward the hills that protected De Kraal.

"You must find her a husband," Ouma said. "I rode alone more than a hundred miles to find your father, Tjaart."

When Theunis Nel began riding over to the Van Doorn farm after the death of Ouma Wilhelmina, it was ostensibly to report on the progress of the children, but after a third visit Jakoba took Tjaart aside. "Do you know why he comes so often? He's courting Minna. It's ridiculous. Tell him to stay away."

"Minna!" Tjaart sat down heavily. "Do you think . . ."

That afternoon he rode over to the school and invited Theunis Nel to dine, and the eagerness with which the little schoolmaster accepted convinced Tjaart that Jakoba had made a shrewd guess. That night they both studied the teacher as he toyed with his food, and after he departed they whispered together.

"It's wrong, Tjaart. He's older than you."

(continued)

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THE COVENANT

continued

"I'm not so old."

"But Minna's—"

"I know what Minna is. She's nearly sixteen, a woman without a man. And she's not so well-favored that she'll easily catch a good one now."

These blunt truths brought tears, and Jakoba asked, "What can we do?"

"We can encourage Theunis Nel."

"You can't mean to marry her?"

"That's exactly what I mean."

"But she's a girl. He's an old man."

"Any woman past sixteen is thirty years old, or forty, or fifty, or whatever is required. When Nel comes to sit with Minna, you make him welcome."

But how to inform the schoolmaster that he was free to sit with Minna in the opening stages of a formal courtship? Tjaart solved the problem in what he deemed a subtle way: "Theunis, I've ridden over here to tell you that you've done wonders with our grandchildren. I have a daughter, you may have met her, I think. She ought to learn her letters, too, and we will pay you extra . . ."

"I'm sure I could arrange some free time," Nel said, and he entered upon the most hectic period of his life: school all day, sick-comforting many nights, nine miles to De Kraal, instructing Minna at night, and helping everywhere on unforeseen tasks.

Sometimes Tjaart and Jakoba would peer into the kitchen, and there would be the schoolmaster, gazing raptly at Minna as she laboriously copied her alphabet. "I wonder if she knows?" Tjaart asked, and Jakoba said, "Women always know."

And one night after Nel had departed, Minna told her parents, "I think he wants to speak with you, Father." But having reported this, as she had promised Theunis she would, she burst into tears. "But I'm in love with Ryk Naudé. I always will be."

"Minna," her mother told her sternly, "he's gone."

"But I can't marry the schoolmaster."

Jakoba shook her and said, "When a woman's past sixteen she must make the best bargain. You heard what Nel said. 'The generations of man are as but the winnowing of grain.'"

"I still don't know what that means," Tjaart protested.

"It means a woman must do what she has to," Jakoba said.

Two nights later Theunis Nel, wearing the best clothes he could command, appeared in the kitchen, and when Minna spread her papers, he brushed them aside: "Tonight I speak with you, Mijnheer van Doorn."

"Yes?" Tjaart said.

"Mijnheer van Doorn"—the schoolmaster spoke as if he were 16 and Tjaart 70—"I have the great honor of asking whether I might have the hand of your daughter Minna . . ."

He paused for a moment, then continued, "I am older and have no farm."

"But you're a good man," Jakoba said, and she pushed her daughter forward.

"Oh!" the schoolmaster gasped. Recovering his composure, he said, "Can we all ride to Graaff-Reinet for the wedding?"

"Not in these troubled times," Tjaart said, "But you can start the marriage now and whenever a dominee comes this way . . ."

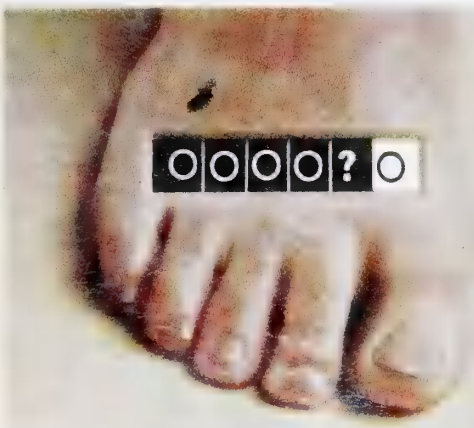
"I could not," the devout little man protested, unable to imagine living with a woman before vows had been solemnized. "I must pray on this."

"Go ahead," Tjaart said, eager to have his daughter married. "But I've noticed that whenever men pray on this subject the answer's always yes. Do you want Minna to ride with you to Bronk's?"

"I must pray."

It was Minna who answered that particular prayer. "You heard what Oum Wilhelmina did when she married Lodevicus. She rode one hundred miles. The school's nine miles. I'm riding with you." Tjaart van Doorn had found a son-in-law.

End



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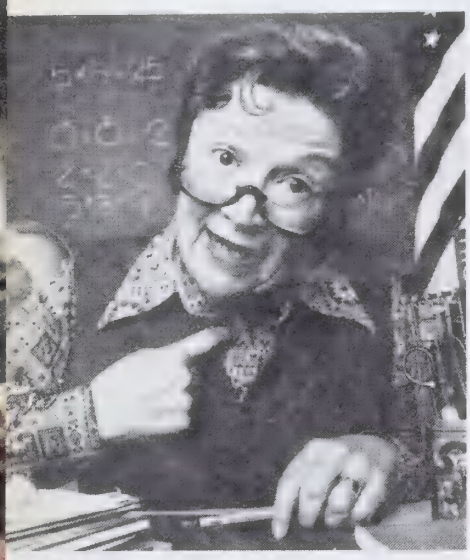
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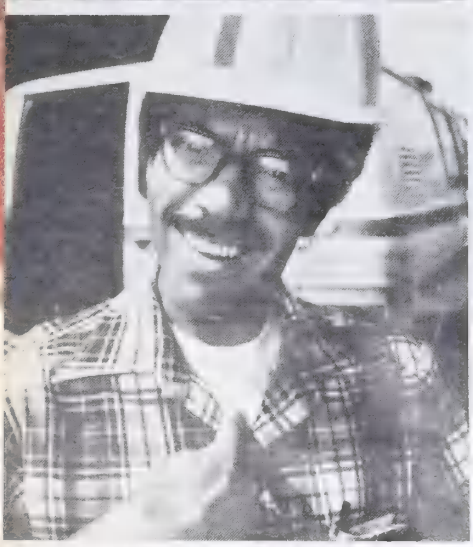
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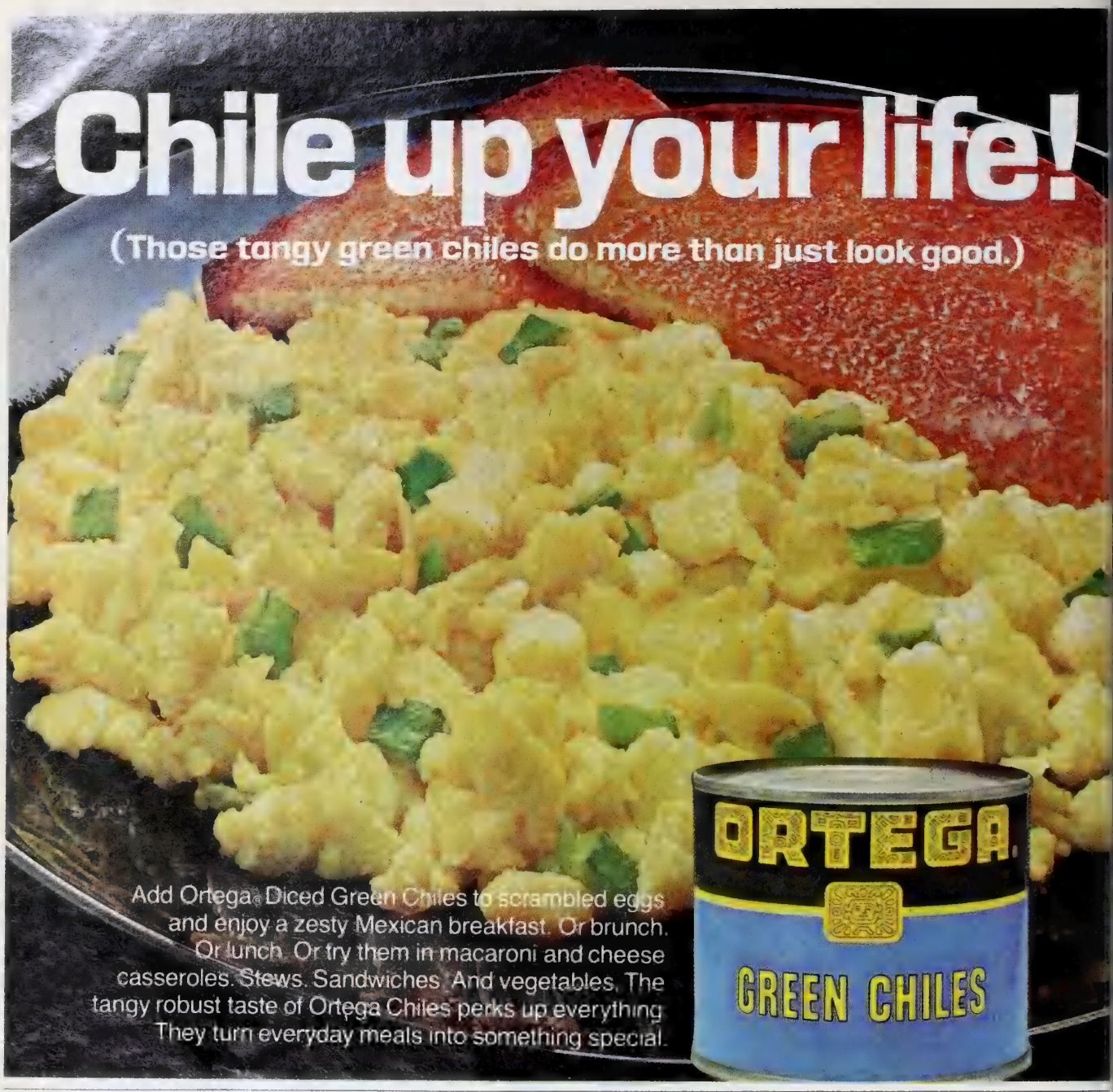
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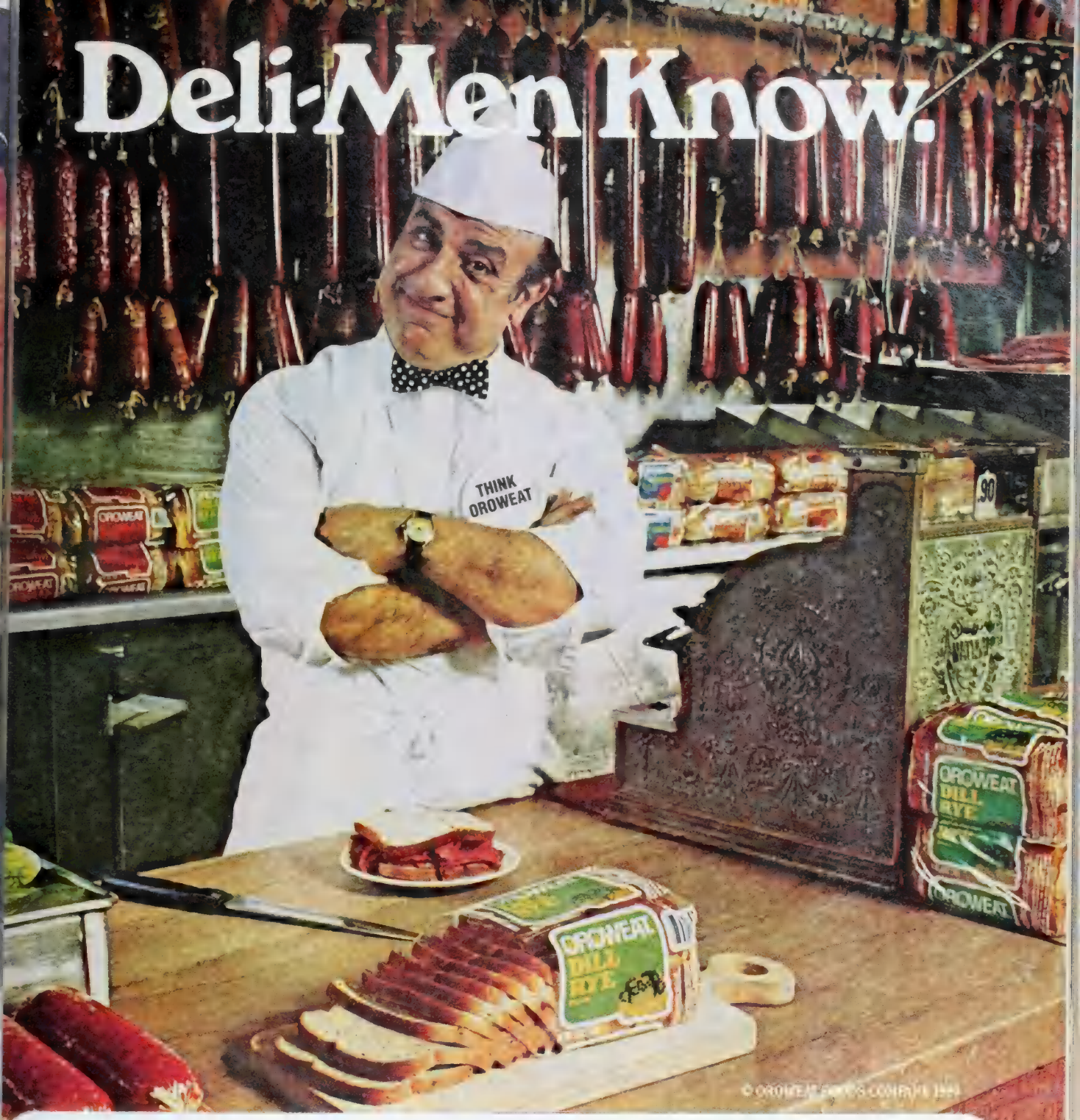
A childlike mind, in its simplicity practices that science of good to whic the wise may be blind.—*Schiller.*

If our love were but more simple, w should take Him at his word, and ou lives would be all sunshine in the swee ness of our Lord.—*Faber.*

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The Woodland Kingdom

by Peter Barrett



Fawns in the June Meadow

Plates shown smaller than actual size of 9⅛" in diameter

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The Friendly Chipmunks in August



Squirreling for Nuts in January

and original. And here he has found a most ingenious one. He has portrayed each scene as though it were being viewed secretly, without the animals knowing you were there. Thus, as you look at the plate, you have the illusion of having peered through an opening in the forest – and suddenly come upon this delightful scene! It's a technique which Barrett uses in the most winning manner . . . and each of the twelve works of art, therefore, becomes a new and pleasant surprise.

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The Butterfly Chase in May

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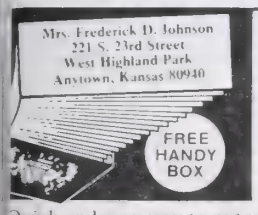
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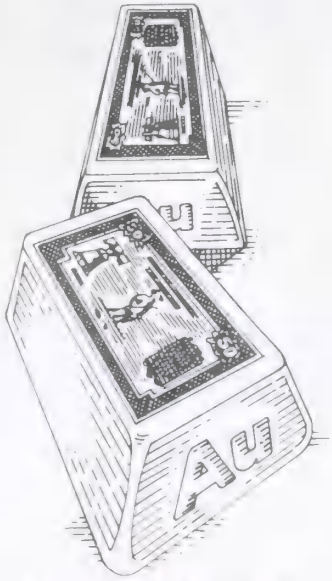
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HOPE CAN HEAL

continued from page 93

also spent an equal amount of time trying to anticipate problems that would arise, problems that would be inescapable in a growing, creative and complex nation.

Perhaps the most important thing we learned was that a nation is measured not only by its power but by its hopes. We are put into motion by our hopes. We get a sense of direction from our hopes. And, perhaps most important of all in an election year, we are healed by our hopes.

These are not just pretty words. A nation, like an individual, has to have goals and the confidence to achieve them. Only in free societies can the hopes of the individual regularly become the hopes of the government. Totalitarian governments are fearful of the hopes of their citizens. For them hope, if converted into policy, results in less authority for government and more freedom for its people. Conversely, the government of a free society becomes stronger because of the hopes of its people. These hopes, when translated into reality, raise the entire nation to higher levels of service and achievement.

Only when there is a genuine basis for hope is there a true possibility for political healing. For hope is tied to change: It means that we are not locked in. With the assurance of recurring options, reconciliation becomes a living and nourishing fact. Another important history lesson was that government could not work without adequate authority. But this authority had to be carefully controlled lest it result in absolutism or tyranny.

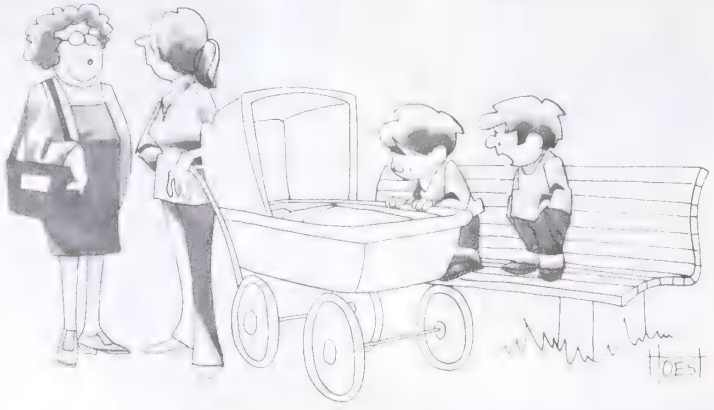
The American people have now accumulated two centuries of experience under the document we put together in Philadelphia in 1787-88. From the vantage point of 1980, some of you may feel that the system may not be working very well. But what is most important is that the people are able to bring about essential change. The President of the United States, for all his statutory authority, can only go so far without the concurrence and support of Congress, the judiciary and the American people—our "checks and balances" system. How the American people think—and what they do about it—is therefore the supreme fact about the way the government operates.

The problems and challenges before your nation today are awesome, even terrifying. The real issue today is not just the state of the nation, but the condition of the entire human race. The life-support system of our planet is in jeopardy. Some way must be found both to preserve your historic freedom and to make the world safe and fit for human life. Many people question whether or not one man—the President alone—can cope effectively with these issues. Moreover, a wide range of issues inside the United States calls for the deepest wisdom and moral imagination—how to keep the earnings of the people from being remorselessly eaten away by inflation; how to provide jobs for all who can work; how to enable people to develop their abilities to the fullest; how to give dignity and security to all our citizens; how to enhance health and fight disease; how to make old age meaningful and productive; how to develop new sources of energy.

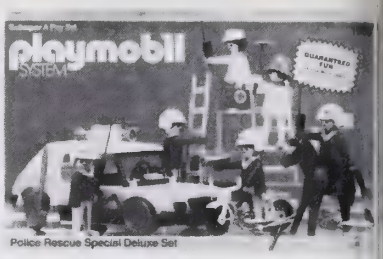
Three ingredients are necessary if all these problems are to be met successfully: The first is that you must not minimize the complexities and difficulties involved in attacking these problems. The second is that you must not underestimate your ability to overcome those complications.

The third, and perhaps the most important of all, is that you must keep your hopes high. Remember that nations, like individuals, move in the direction of their hopes. Hope is the basic energy of civilization—far more powerful than any fuel.

Remember, too, that your hopes have the power to heal. An election is a good time not merely to exercise the voting franchise, but to put your hopes to work. These hopes will be the principal force in enabling government to be morally innovative and responsible. **End**



"I'm afraid he might be sick. They got him from a hospital."



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Gloria Swanson

continued from page 72

doubt what her other great source of comfort was. If she suspected me of having not quite proper relations with her husband, or resented me for it, she never once gave any indication of it.

In fact, at those times during the voyage when Joe Kennedy behaved in an alarmingly possessive or solicitous fashion regarding me, Rose joined right in and supported him. Was she a fool, I asked myself, as I listened with disbelief, or a saint? Or just a better actress than I was?

Joe Kennedy's constant fervent attention to me in London escaped press mention and his own family's notice, presumably, but it pained me because I saw that Henri was hurt by it. Several times when we were alone he alluded to it and seemed on the verge of saying what he really felt, and I almost wanted him to, because in spite of the fact that we had spent less and less time together since he started with Pathé in Paris, we still loved each other deeply and I always wanted to be honest with him. If Henri had ordered me then and there to leave pictures and live with him on the farm he owned in France, I would have obeyed him. But he didn't. He couldn't. Joe Kennedy had compromised us both with his promise of enduring security, which Henri wanted at least as much as I did. But until security came, Henri was in Joe's employ and I was literally owned by him. My whole life was in his hands. Never before had I ever trusted another person to the extent I had Joe. In addition, I was genuinely fond of him. The man fascinated me. I honestly didn't know what to do. I had to trust that Joe would either salvage *Queen Kelly* or find some other way to make us all successful, because he had the clear ability to do so, and I prayed that Henri would have the patience and love to wait until I could simplify my life again. For the moment, however, our three lives were tied in a complicated knot, and there was no way I could untie it. I, too, had to wait and hope.

Only once did Henri say he felt we were growing apart, and I answered by saying that that wasn't true, really, that he had to trust me.

But after the London premiere, Joe was more enamored of me than ever.

Between the September premiere of my new film in London and the New York premiere in November, the Roaring Twenties came to an awful end for many people. On Black Tuesday, October 29, the stock market crashed, and during the following weeks bankers and brokers all over America, unable to face financial ruin, jumped out of windows.

Not Joseph Kennedy. On the contrary, he was whacking his thigh with glee in the opening weeks of November. He told me he had sold all his Wall Street holdings well before the bottom dropped out of everything. Now he and his horsemen were playing a waiting game with the people who hadn't been so smart, waiting to pick up the pieces for pennies.

Around that time, one of Joe's men, Ted O'Leary, called to say an important person wanted to see me. Joe had already left the city on business, so I didn't ask questions; I just said fine.

Ted O'Leary picked me up at my hotel and drove me through Manhattan to another hotel. The door of the hotel suite was opened by a young man in a clerical collar. "Thank you for coming," he said. "His Eminence will be with you in a moment." Then he disappeared.

Before I could say anything, there was a rustle of taffeta or silk, and an old man, probably in his seventies, appeared, all in red except for his shoes; a cardinal of the church, Cardinal O'Connell of Boston. The old man smiled cordially.

He began by complimenting me on having achieved such success at such a young age, but the tone in which he said it told me all too clearly that we were not about to discuss my pictures. He studied me carefully before he spoke again. Then he said he would like to talk to me about my association with Joseph Kennedy. I told him my association with Mr. Kennedy was a business association, the details of which were handled by a colleague of Mr. Kennedy's. I suggested that His Eminence contact this gentleman.

Straightening himself in his chair, the cardinal said with some bluntness that it was rather my personal association with Mr. Kennedy that he wished to discuss.

"There is nothing to discuss," I said, rising and making a movement in the direction of the door.

The cardinal stepped in front of
blocking my way, and fixed me with
filmy eyes. "You are not a Catholic,
child," he said. "Therefore, I fear
you do not grasp the gravity of Mr. K
nedy's predicament as regards his fait

"That's true," I said. "But Mr. Kenn
is Catholic. Therefore, shouldn't you
talking to him?"

Cardinal O'Connell now unleashed
orator's voice. "I am here to ask you
stop seeing Joseph Kennedy. Each t
you see him, you become an occasio
sin for him."

"If Mr. Kennedy told you in confess
that I am an occasion of sin for him, Y
Eminence, then you have no right
discuss it. Isn't that correct?"

"Please listen to me," the cardinal s
in firm tones. He told me that Joe
spoken about our relationship with so
of the highest representatives of
Catholic Church. Since there was no p
sibility of dissolving his marriage un
church law, he had sought official perm
sion to live apart from his wife and ma
tain a second household with me. T
was impossible, the cardinal explain
Furthermore, he went on, as one of t
most prominent Catholic laymen
America, Mr. Kennedy was exposing hi
self to scandal every time he so much
appeared in public with me.

"Then tell him so," I said, furious, b
still stunned by what the cardinal h
just said.

"Have you no feeling for his family
he asked.

"Of course I do," I replied, "just as
have for my own."

His voice was calm again when he sai
slowing for emphasis, "As a Catholi
there is no way Joseph Kennedy can be
peace with his faith and continue h
relationship with you. Please consid
that very carefully."

"I shall," I said, putting *(continue*



"He's a veterinarian."


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Gloria Swanson

continued

on my gloves. "But I repeat, it's Kennedy you should be talking to."

As I left, I asked myself over and the question I had not been able or ing to put to the cardinal: Who had a him to see me? Rose Kennedy? Joe self? Their families? Friends? I was ply baffled.

While the success of the New opening of *The Trespasser* pleased Kennedy, it did not make him ha And although *Queen Kelly* could e have been construed as the minor d ter of an ambitious producer who about to recoup his losses nicely on first talking picture, that was not g enough for Joe. He saw *The Trespasse* my baby and *Queen Kelly* as his. He all revved up to start on *Queen K* again. He found a new director and h a writer to revise the script.

In the pause between his frenzied tivity and the filming of the pictur received he following letter from He

> Gloria darling. We have come to it . How it happened? Why it happened? W started it? Let's pretend we don't kn The past is the past. The fire has burnt beautiful temple that was our love. thought it was built *(continue*

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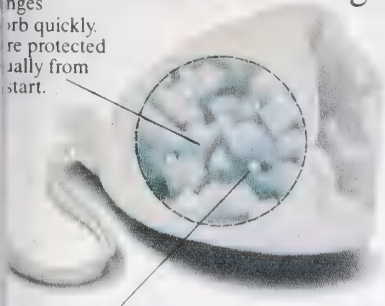
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Gloria Swanson

continued

of marble, and we wake up to find it has crumbled like the dust of clay. We have come to a point when a decision has to be taken. The bridges are broken between us—nothing ever can mend them—we both know it. So, darling, let's face it. I ask you please to make it public that we are separated. Later on in a very quiet way a divorce should come but only when and the way you will want it. I am going to seal this letter without rereading it, because if I did I wouldn't send it—and I must. Good-bye, darling—it's all over now. Henri.

How like him not even to mention Joe. I knew as I read the letter that I would always love this handsome marquis; indeed, loved him more even then, at that moment, than I could ever love the man on whose account we were separating. That was the sad part of it.

Eventually Joe stopped production altogether on *Queen Kelly*, which by then represented a loss of $800,000. Instead we made a picture called *What a Widow*, which in spite of our best efforts was not a success either. In fact, Joe's defeat was more acute this time around because his name was prominently attached to this latest picture. He even had presented Sidney Howard, the playwright, with a car for thinking up the title for the film.

I was surprised when my accountant called and asked me why Sidney Howard's automobile had been charged to my personal account. I said it must be a mistake.

In the middle of dinner at the Rodeo Drive house a few weeks later, Howard's name came up and I said to Joe, "By the way, my accountant tells me I paid for Sidney Howard's Cadillac out of my personal account. How come? You gave Sidney Howard the car; I didn't. I think it's only fair that you pay for it."

I was joking, assuming the whole thing was a bookkeeping error. But Joe Kennedy became so agitated that he choked on his food. When he regained his composure, he stood up without a word and left the room.

He did not came back, and at the end of 30 minutes one of the Horsemen offered to drive me home. I waited for the call or note of apology I was sure would come. I imagined Joe ashamed at having behaved so childishly, and I was quite ready to forgive him, of course, because I cared for him deeply. How could I not care for the man for whom I had given up a marriage and a title, the man I still trusted to effect important changes in the motion picture business, the man who always managed to intrigue me, even when we disagreed with his courage and energy and scope of vision and daring? But no message arrived. Some days later I heard Joe Kennedy had left for the East. He had not so much as called to say good-bye.

The divorce proceedings with my husband began soon thereafter. The news from Paris was that Henri was seriously involved with another woman. The news from New York and the trade papers was that Joe Kennedy planned to disengage himself from picture production and devote himself to politics, after having acquired a fortune of five million dollars in a few short years in the movie industry. It was as if the two men in my life had in some mysterious way, through me, canceled each other out and moved on. I was completely on my own again.

When Joseph Kennedy left California, he claimed to have made me financially independent. But as the auditing of my accounts proceeded, the figures began to tell the oldest story in the world. It would take a year to sort them out, and it soon became clear that the Kennedy offices would provide no help in the matter. It was imperative that I go back to work immediately and start recouping some of my recent losses—including a badly tarnished career.

Work? I could hardly summon the strength to do anything but sit and stare dumbly in front of me. I was stunned and in pain. In spite of my reputation for will and stamina and pluck and durability, all I wanted was to call for my mother or to hold my babies in my arms and sob. But I couldn't succumb to despair. I was a survivor. For me endings would always be inseparable from beginnings, and so I got up like a spaniel coming out of a lake and shook off my tears.

It was a year and a half later, and I had not only gone back to work, but remarried and had a beautiful baby girl, whom I named Michelle for my new husband, Michael Farmer.

Michael and I were living in London, waiting for my other two children, Gloria and Joseph, to return from Switzerland where they had been staying with a governess. One night at four in the morning the phone began ringing and I fumbled for it in the dark. When the operator sa it was a transatlantic call from Chicago, could only imagine Mother was ill.

"Gloria?" a little, staticky voice sai "This is Virginia."

The connection was terrible.

"Louder, Virginia!" I yelled. "Is Mother?"

"No!" Virginia was yelling now too.

"There's someone here who wants talk to you!"

"Who?"

After a pause a man's voice shoute "Hello, Gloria, this is Joe." In spite of t Boston accent, I couldn't believe my ea until he said, "Joe Kennedy, Gloria."

It was a year and a half since I ha heard that voice, and the sound of infuriated me.

"It's four o'clock in London, Mr. Ke nedy, and I'm nursing a new baby. Wh do you want?"

"I read about your baby," he shoute "We just had one too. But that isn't why called."

"I should hope not!" I yelled. "Wh did you call?"

"Do you know who's here with m Gloria? The next President of the Unite States, Gloria! He just won the Dem cratic nomination. I want you to say hel to him."

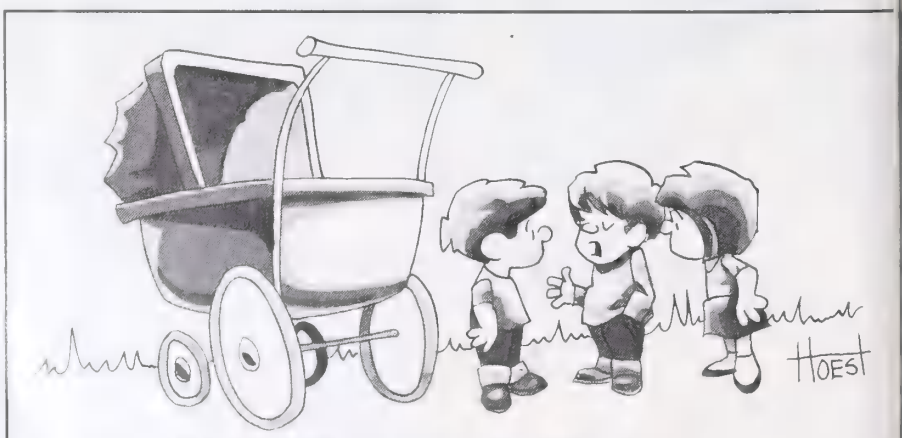
It was so blatantly opportunistic that was stunned.

"How dare you?" I shouted.

"Seriously, Gloria. He wants to s hello to you. Wait a second while I—"

"Don't bother! I don't want to talk him and I don't want to talk to you!" slammed down the phone.

That morning, I had a long, apologet cable from Virginia. She said she w sorry to have wakened me, but Joe ha called her down to the convention cent and begged her to call. She said h wanted me to know if I needed hel financing the new picture, he stoo ready. She also said that Joe had told h to tell me he had been promised a cab net post, probably Secretary of the Trea ury, if Roosevelt went on to be elected November. **En**



"Nope, you have it all wrong. If the baby is a female that makes you an aunt."

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Lenore Hershey

Editor's Diary

Whatever your faith, however you celebrate, HAPPY HOLIDAYS!





This nation has always been a land that recognizes all faiths, and the freedom to worship (or not worship) in pursuit of one's own beliefs. Religious respect is part of our tradition.

That is why we find it particularly noteworthy that Jeannine Costigan, our cover girl, aged five and a half, celebrates both Hanukkah *and* Christmas. Half Irish, half Jewish, she enjoys a Christmas tree with that side of the family. But she is also proud of her menorah from Israel and of the fact that she is allowed to light the candles herself.

We didn't know this about Jeannine until after we photographed her. But we think it particularly symbolic in a time when tensions between races and religions should be diminished. Perhaps in this holiday season we can find a way, not only to peace and goodwill for man (and woman) . . . but also to a new sense of tolerance and unity.

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Can This Marriage Be Saved?

Susan didn't act her age, and Alan treated her like a child. What happens to a marriage when a too-fatherly husband sees his wife as a little girl?

By Lois Duncan

"My Husband Thinks He's My Father"

This case is based on information from the files of the Family Counseling Service, Albuquerque, New Mexico, a private, not for profit, family mental health agency, which is partially funded by the United Way. The agency is a member of the Family Service Association of America and accredited by the Council on Accreditation of Services for Families and Children, Inc. The true story reported here is from counselors' reports of interviews. Names and other details have been altered to conceal identities. The counselor in this month's case was clinical social worker Sarah T. Smith, M. A.

SUSAN'S TURN

"I'm perfectly miserable," began 26-year-old Susan, a pretty young woman with a gentle smile. "There's no reason for me to feel this way," she said in a voice that sounded timid and unsure. "I have a wonderful husband, a darling baby and a lovely home. We're here in the Southwest because I prodded my husband, Alan, into moving here. Nothing was forced upon me. I ought to be happy and contented. Instead, I'm a mess.

"I'm in such an emotional state that I couldn't even drive to this counseling session. I had to phone Alan at work and plead with him to take me. He didn't mind, even though I interrupted an important meeting, but I know my behavior must seem ridiculous to him.

"Alan and I are two years apart in age, but it might as well be ten or twenty years. He's very mature, and I'm very immature. Sometimes it seems that we're more like father and daughter than husband and wife.

"I think my immaturity stems from my childhood. I was the youngest of four girls in a close family. My sisters were—and still are—my best friends. We did everything together, and just seemed to follow each other's footsteps. Each of my sisters started college without any definite goal in mind, dropped out, worked a short time and married. So did I. I started out as an English major because I didn't know what courses to take. Halfway through my sophomore year I became disgusted with myself because I didn't know what I was going to do with a degree in English. So, following my sisters, I dropped out and found a job as a secretary. Eventually I lost interest in the job and enrolled in a training program for medical assistants. But by the time I finished the necessary courses, I had decided that I didn't even like that sort of work.

"The only good thing that came out of my haphazard education was meeting Alan, who was a business major at the university. When we first dated, I was taken with his charm and his sense of humor. But I was even more impressed by his take-charge, decisive manner. Alan's one of those people who knows just what he wants from life—and gets it. Luckily it turned out he wanted me.

"We dated until he graduated, and were married a short time later. Alan was offered an excellent position at a prestigious bank, and I worked here and there. Secretarial things—nothing very interesting or fulfilling. While I spent my days typing invoices, Alan's career took off like a skyrocket, as might have been expected. He has such tremendous drive and energy, it would be impossible for him to fail at anything.

"We settled in Minnesota, near my family and, to my delight, Alan soon grew to love them almost as much as I did. He and my dad and brothers-in-law golfed and fished together, while Mom and my sisters and I shopped or played cards. Whenever Alan had a business trip, I'd get together with my family and hardly even realize he was away. It was all so pleasant and easy. But after we had been married about five years I began to feel restless. It seemed to me that there ought to be more to life. After all, I was a grown woman, but I felt as dependent upon my family as I did as a teenager. I tried to describe my feelings to Alan, but he seemed disinterested. He has so many business details on his mind. It's not easy to get a response from him.



"A little over a year ago, when I was six months pregnant with our first baby, Alan was offered an executive position at a bank here in the Southwest. His first thought was to turn the offer down. He was stunned when I told him I thought he should take it. As parents-to-be we were starting a new chapter in our lives, and *(continued)*


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Can This Marriage Be Saved?

continued

it seemed right to take a step toward independence by moving to a new place.

"The move has been terrific for Alan. He loves the challenges connected with his new position. I'm the one who has a problem. I'm so homesick I could die.

"It wasn't so bad at first. I was excited about finding a house and getting settled, and then our son, Tim, was born. Mom came out to help with Tim and stayed a couple of weeks. Then it was Christmas, and we all went back to Minnesota. In the spring my oldest sister and her family arrived for a visit. It was just one thing after another. Then—suddenly—the excitement was over. My relatives were back home where *they* belonged. Alan and I were in our own home, where *we* belonged. I started going up the walls.

"I try to fill my life with Alan, but he doesn't feel the same need to be with me. He'll schedule a business trip, or tell me at the last minute that he's playing golf with a colleague, and I start shaking. Literally. I don't understand how he can desert me when I need him so desperately. I'm so alone here. Alan has introduced me to the wives of his friends, and I get together with one or two of them now and then, but we're not close. I've considered going to work to meet people, but what would I do? I don't want to be a secretary, but that's my only job experience. I've thought of returning to school, too. But Alan says it's pointless to invest money in school when I don't know what I want to study. He's right. But I resent having to ask—even beg—his permission to do something that should be my decision.

"I'm ashamed of myself, ashamed of the way I feel. I have everything, and yet I feel so empty. I feel paralyzed. I can't even bring myself to go to the supermarket unless Alan comes with me. I can't seem to do anything by myself.

"Alan knows that I'm in a depression but he doesn't understand it's serious. I have trouble getting him to listen to me. The fact is that I no longer have any control over my emotions. I'm afraid one day I'll start crying and won't be able to stop."

ALAN'S TURN

"Susan's having difficulty adjusting to our move. She thought it might help to talk to someone, and I agreed," said Alan, an attractive, well-dressed man in his late 20s. "I think it's time for her to get a grip on her emotionalism." While obviously concerned about her, there was a note of condescension in Alan's voice.

"Susan is an insecure person who has always depended upon her family to fill the gaps in her life. That was one reason I hesitated to leave Minnesota, even though it would have been hard to turn down the opportunity the bank offered. But I was willing to for Sue's sake. I love her and want her to be happy. The move was her choice and, I must admit, her decision took me by surprise.

"I, myself, was sorry to leave Susan's family, who are friendly, wonderful people. My own family never had the closeness and camaraderie I found in Susan's family. My father's a successful businessman, ambitious and driving. A real achiever. Although I admire him tremendously, I've always felt a need to rebel against him. When I was in high school, for example, I'd deliberately goof off, just to irritate him. He'd clip articles on career possibilities for me, and I wouldn't even read them. I wanted success in life, but I wanted it on my terms. My mother is a total contrast to Dad. She's a housewife and contented to be one. At home, he talks—and she listens. They complement each other.

"When I met Sue, during *(continued*



"I realize you're lonely now that the children are gone, Helen, but . . ."


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Can This Marriage Be Saved?

continued

my college days. I knew right away she was the girl for me. There was a gentleness about her, and a responsiveness that helped me to open up. She was not only sweet and pretty, she was smart. I found I could share my views with her on a wide range of subjects. We balance each other as my dad and mother do.

"Our move here, so far away from our roots, wasn't easy for either of us, but in the long run it's going to be well worth it. How many men get to be bank vice-presidents before they're thirty? There's a great future ahead for us. I wish Sue could see this. I wish she'd focus on the positive aspects of life instead of the negative ones. She'd be a lot happier.

"Sue has to learn to grow up a little on her own. I can't do it for her. I'm her husband—not a Siamese twin. I can't be with her every minute of the day. I enjoy spending time with my family, talking to Sue and playing with little Tim, but that is not—nor will I let it be—my whole existence. Sue makes me feel guilty for being interested in anything other than my family. I resent it. Every time I make a golf date with a colleague, there's a flood of tears.

"Sue says she wants to do something else with her life, too. I'd prefer her to stay home with Tim, but if she wants to work, that's her decision. Besides, she didn't enjoy working before, so it's hard to believe that she will now. Another one of her fantasies is to return to school. I'd be delighted to pay for her tuition if she knew what she wanted to study. When she was in college she tried two majors and lost interest in both of them. Unless she develops a real goal, it makes more sense to keep the tuition money in our savings account.

"Sue gets these spurts of enthusiasm, but she doesn't proceed in a logical way. When we dated, for instance, she mentioned that she'd like to be a lab technician. 'Okay,' I said, 'investigate it. Go talk to a friend of ours who is a lab technician. Find out what the field is really like before you enroll in the program.' Did she follow my advice? No, that's not her style. She's too impulsive. She plunked down the money for her tuition, took the course and then decided that being a lab technician didn't interest her.

"I'm glad Sue wants counseling. Perhaps you'll have better luck than I have in helping her put her life into perspective."

THE COUNSELOR'S TURN

"Both Alan and Sue focused on Sue's need to change," the counselor said. "She was the one with the obvious problem. She was anxious, weepy, depressed and unable to adjust to the move. Neither realized how much Alan's behavior contributed to her frame of mind.

"Alan had been reared in a home in which, as he himself put it, 'Dad talked, and Mom listened.' He had mimicked this in his own marriage. He had assigned Susan the role of listener. When she tried to talk about her anxieties and her aspirations, he had failed to listen.

"When they had lived in Minnesota Sue had her parents and sisters to talk to. It mattered less then that Alan was a poor listener. In the Southwest, hundreds of miles away from her family, Sue felt lonely and emotionally abandoned.

"In the first few counseling sessions Alan, with his calm, intellectualized approach to every situation, out-talked his wife. After those initial sessions, however, the roles began to reverse. Susan was able to articulate her troubled feelings with the knowledge that finally Alan was listening. His receptiveness reassured her. And Alan began to see her problems in a new light.

"He began to appreciate the courage it had taken on Susan's part to leave her family. Moving was not just another of her impulsive gestures but a valiant effort to force herself to become independent. But, having taken that first step, she found she needed help in building a whole new life. Because of his job, Alan met people and found his niche in the community easily. Susan was left at home alone, floundering.

"Once he understood why it was harder for Sue to adjust than for him, Alan became more supportive. But this time he understood that his role in helping her was as a husband and not a father. Susan, they agreed, had to make decisions on her own. Alan's role was to help her implement them.

"With Alan's encouragement, Susan joined several community organizations and took up tennis. When Alan had plans that did not include her, he let her know ahead of time so that she could make plans of her own. He even assumed joint responsibility for finding a babysitter, a gesture that Susan greatly appreciated.

"And, they looked for and found a church in their community with a young and active congregation so they could expand their mutual social life beyond Alan's friends at work.

"Once they laid the groundwork for a broader social life, Susan started to think again about a job. As she played with various possibilities in her mind and discussed them with Alan, he began to appreciate Sue's creative approach. It made him realize how completely unspontaneous and rigid he had become when it came to his own life.

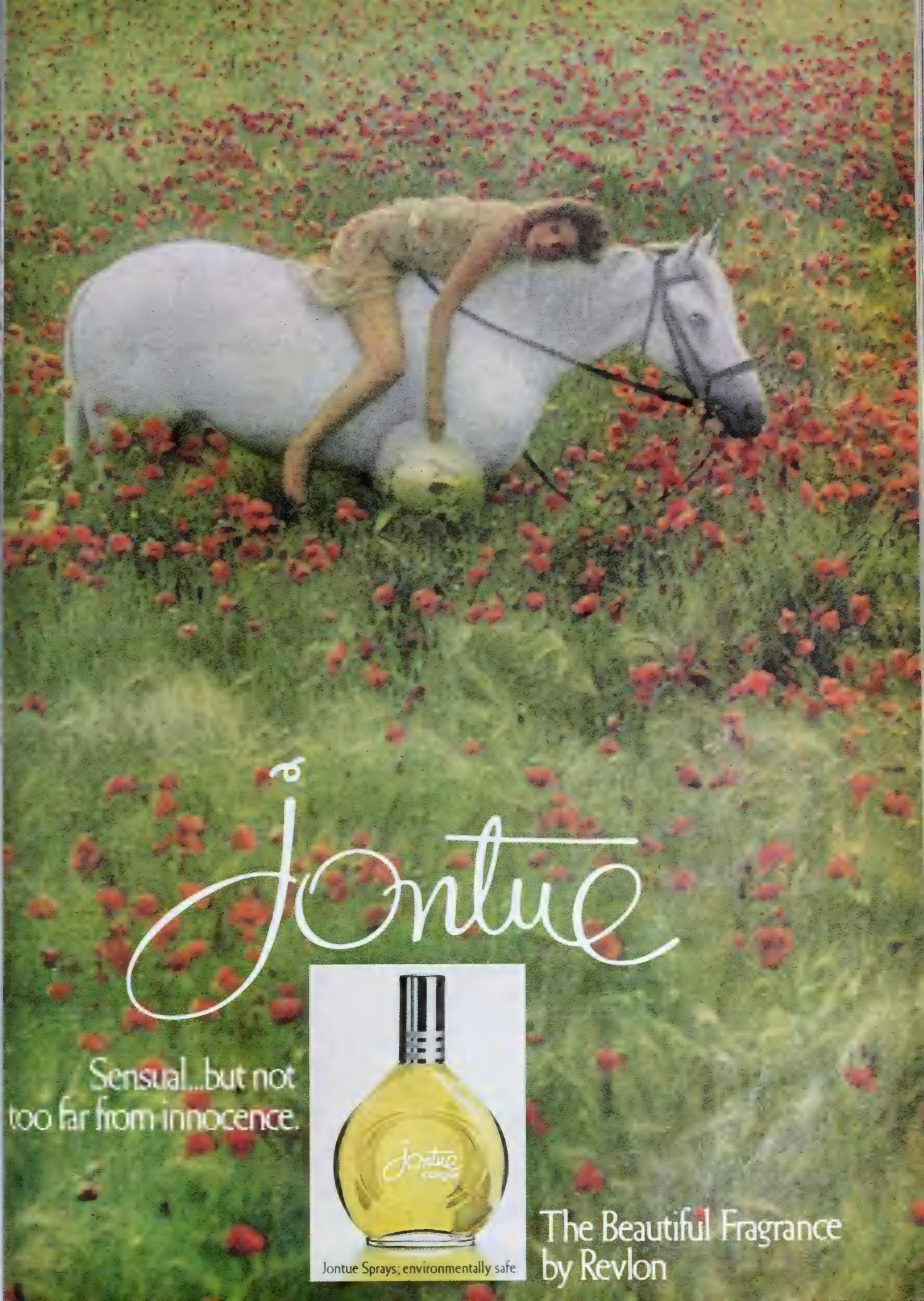
"'I guess there's no reason why you shouldn't experiment a little bit,' he conceded.

"After five weeks of counseling, Susan and Alan felt that they were prepared to deal with the problems in their marriage on their own. I agreed.

"When I last contacted the couple, Susan said that she was both job-hunting and looking into classes at the local university. She also thinks she might wait and stay home a bit longer with Timmy. Confident that Alan won't pressure her into making a choice, Sue feels in less of a hurry to decide. She's planning to keep exploring her options until she's convinced she's found the one that's really right for her." **En**



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'Tis the season for giving money. Here are answers to the most asked questions of how and how much.

By Sylvia Porter

Gifts of Cash

This is the season when gifts of cash reach their year's peak. If, in these weeks, you make your biggest contributions to charity as well as to family, friends, business associates, etc., you are merely typical of millions of us.

But there is so much about the taxation of gifts that you should but do not know. As a result, there are so many errors you needlessly make, so much of your own money that you needlessly waste. What follows answers the most frequently asked questions and delves into the least known areas.

How much money can I give to relatives and friends without gift tax consequences?
You have an annual exclusion of up to $3,000 (market value of the gift) per donee. You can give up to that total each year to as many donees as you wish without any gift tax consequences.

If your spouse joins in the gift (or gifts), the annual exclusion from gift tax rises to $6,000. Under current regulations, this annual exclusion from gift tax consequences can go on for as long as you live.

What are the rules governing Christmas cash gifts to my spouse?
You may, of course, give your spouse $3,000 tax-free each Christmas. In addition to this annual exclusion, you may give another $100,000 tax-free. The next $100,000 is taxable. For gifts over $200,000, 50% is tax-free. If you give your spouse $6,000 each year, the annual exclusion will cover $3,000, and the remaining $3,000 will be applied against the first $100,000 on which no tax is due.

To make money at Christmas, our local charity runs a big "banquet," and charges ridiculously high prices for the basket suppers. If I pay $30 for a basket supper that contains food not worth more than $5 at most, how much can I deduct?
You can deduct $25. When you pay more than fair market value for goods or services such as this, you can claim the overpayment as a charitable contribution. This assumes that the overpayment goes to the organization.

Can I use my credit cards to make a charitable contribution in cash?
Yes. And the IRS says you are considered as having made the contribution when you charged the contribution, not when you later paid the credit company.

Do I have to identify the names of the individuals to whom I give cash Christmas gifts?
No. And the donee of your gift need not be an individual. A gift may be made to individuals, partnerships, corporations, foundations, trusts or any other person.

When I make a cash gift to my church at Christmas, is my cancelled check sufficient proof that this is a deductible charitable contribution?
Not automatically, for your payment may be used in part for non-charitable purposes. Say, for instance, you pay your church $100 for tickets to a benefit theatrical performance that are normally worth $50. Your charitable contribution is only $50.

To protect yourself against embarrassing questions by the IRS later, back up your deduction by furnishing a statement from the charitable organization showing that yours was a bona fide contribution, and keep those records.

As part of our overall estate plans, my husband makes annual gifts to our children and grandchildren totaling $6,000 per donee. I file an agreement to split the gifts with him. We chose this $6,000 limit because this means our gifts are non-taxable due to my splitting the gifts with him. How do we report the gifts to the IRS, so that I can properly split the gifts with him?
Until this year, you and your husband would have had to fill out the full two-page Gift Tax Return, but the IRS has now prepared a new Short Form Gift Return (Form 709-A), which is available for your use in reporting gifts made during 1980. The form will cover all of 1980 and will be due by April 15, 1981. It asks for identification of your donees and description of your gifts—but there is no provision for gift tax computations.



To be eligible to use the short form, your husband and you must meet the following requirements:

Be citizens or residents of the United States.

You must be married during the entire calendar year to each other.

(continued)



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Sylvia Porter

continued

Your husband's only gifts consisted entirely of present interests in tangible personal property, cash, or stocks and bonds listed on a stock exchange.

Your husband's total gifts to each third-party donee have not been more than $6,000 for the calendar year.

Your husband did not make gifts of more than $3,000 to you.

You did not make any gifts during the calendar year to any of the donees listed on the form.

You agree to split with him all of the gifts he made during the calendar year.

He did not file a Form 709 for any quarter during the year.

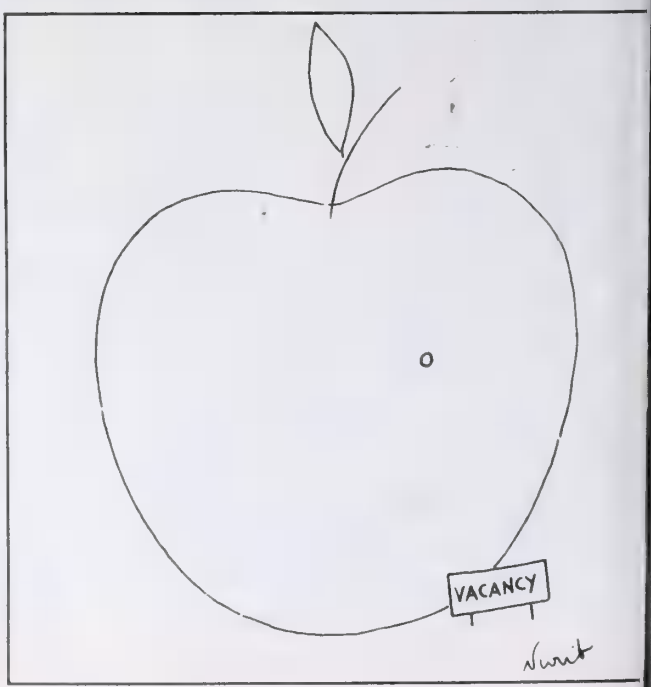
I want to sell stocks I own to give a generous Christmas gift to my child. What's the best way to go about it? I own shares on which I have paper profits and shares on which I show paper losses.

Sell the shares on which you have losses **yourself**, then give the gift to your child.

Say that you own 100 shares of stock you bought earlier in 1980 at $17 a share, which have plunged since then to $10 a share. Sell these shares, give your child the $1,000 gift and take a $700 tax loss on the sale. Since you have held the shares for less than one year, your loss is a short-term loss, which can offset up to $3,000 of ordinary income on a dollar-to-dollar basis. DO NOT give the original stock to your child, for then you're a tax loser all around. Your $1,000 gift will have cost you $1,700; you cannot take the deduction for the loss because you gave the stock away, and neither can your child deduct the $700 loss.

As the president of a medium-sized company heavily dependent on the good will of my community for sales, I feel I must give a large number of Christmas gifts to my customers and business associates. What are the rules governing these gifts?

You can give gifts as large as you like. But your income tax deduction is limited to no more than $25 for each person to whom you make business gifts during 1980. The $25 limit is calculated on the basis of what the gift cost you, not what it may be worth to the person to whom you give it. The same limit applies to gifts to employees, except that the limit is $10 for gifts recognizing an employee's length of service or safety achievements. **E**





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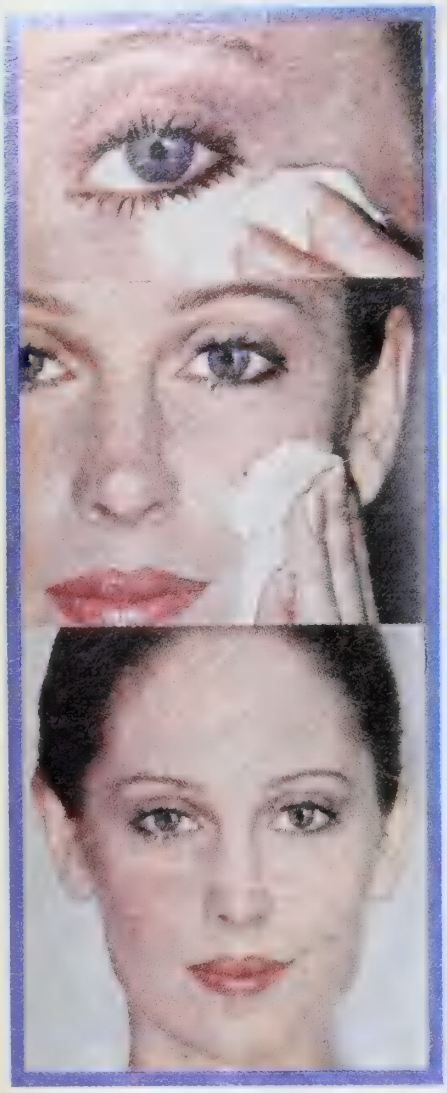


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TWENTIETH IN A SERIES OF PERSONAL STORIES

IT'S NOT EASY TO BE A WOMAN TODAY!

"The Day Santa Found Me at the Orphanage"

By Mary Maduscha

When Santa Claus has come and gone, when the bright ribbons and garish wrapping paper are piled knee-deep around and all the spinning dizziness of the Christmas season is over, a sense of quietness and love steals into our home. Even after 39 years of marriage, celebrating Christmas with my family remains an extraordinarily special experience for me. Perhaps it's because when I was a little girl, I had no real family with whom to share this holiday magic.

My mother died when I was very young, and my father didn't feel he could raise me on his own. So when I was eight years old, he placed me in the Guardian Angel Orphanage in Elm Grove, Wisconsin. I was considered one of the lucky ones because I still had at least one parent.

In our orphanage family we were 50 girls, all sizes, shapes and ages. Though each of us had different reasons for being there, we tried as hard as we could to make it our home and treat each other like sisters. As my first Christmas with my new family approached, I remember wondering how Santa would tell us all apart. Could he keep track of 50 presents for 50 orphans when, it seemed to me, we were known more by our numbers than by our names?

When we entered the charity home, each of us was assigned a number that was used as identification throughout our stay. These codes were printed in indelible ink on all our clothes, our shoes and our school books. Old Sister Gabriel, who looked like a tiny doll in her black stockings and chalky white wimple, painstakingly sewed linen tapes with our numbers to black stockings and those items that couldn't be labeled directly with ink.

We were even dressed alike. Once a month a barber gave us identical, ghastly, Buster Brown haircuts, with bangs and the sides trimmed so short our ears stuck out. I still shudder when I remember the bilious green salt-and-pepper dresses we all had to wear. They looked the same too, except the younger girls wore their skirts shorter.

Regimented lives

Our lives were regimented from early morning to lights out. We did everything to the toll of a bell, which rang to announce mealtime, to call us to prayers and mass, to chores and to the opening of the school day. Long after I had left the orphanage, I still kept expecting to hear a bell so I could begin eating. That was a hard habit to break.

Our chores ranged from turning down 50 dormitory beds to the tiresome task of trimming the grass around endless tombstones to long stints at kitchen duty. Sunday was our only chore-free day. We didn't even have to study, except two hours a day for our confirmations. As a treat, we were allowed to take books out of the orphanage library for the whole day. The only trouble was that you couldn't finish a book because next Sunday someone else would grab it off the shelf. I was such an avid reader that I was once caught reading a romantic novel I had slipped inside my confirmation instruction book. My library privileges were suspended for months!

(continued)

Illustration by Alan Henderson



Oops! Forgot to focus!



Rats! Overexposed flash!



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It's Not Easy

continued

Admittedly I was quite a handful in those days. I was usually in the middle of any mischief going on. I can't count the number of times I was called before Mother Superior Johanna and had to do extra chores or say extra prayers.

But life at the orphanage wasn't all dreary. Like any children we had our own ways of having fun. There was a big hall painted battleship gray that was our playroom. We loved to cut out paper families from old Sears & Roebuck catalogs or play jacks on the long refectory tables. Some nights when we were already in our pajamas, we sat in front of an artificial fireplace someone had donated while a Sister read us fairy tales or showed movies.

And as strict as the nuns were with us throughout the year, they always tried extra hard to make Christmas a very special holiday. If I had any doubts about whether Santa Claus would find his way to the Guardian Angel Orphanage, they were soon dispelled.

A few days before December 25, the big doors to the playroom were locked and no one was allowed on the second floor while the Sisters prepared for the festivities. Naturally that only added to the mystery and anticipation, and for days we'd whisper excitedly about what presents Santa might bring.

Of all the Christmases I spent at the orphanage, the most surprising and wonderful one was when I was ten years old. As we did every year, on Christmas Eve we formed a long line and were led upstairs to the big hall. Slowly the double doors were unlocked and drawn open with great fanfare.

Our mouths gaped at the sight of the huge Christmas tree laden with flickering lights, the Nativity Crib and the dazzling decorations. The tables were covered with red tissue paper and divided into 50 squares by white and green strips.

We raced up and down the aisles looking for our numbers and helping the younger girls find theirs. That particular Christmas I found my square and saw the same assortment of presents as the year before—a Lotto game, some jacks and a ball, the usual holy picture and a small box of fruit and candy. But then, lo and behold, I couldn't believe my eyes! Sitting there was a big square package wrapped in shiny red paper and tied with a white ribbon.

My hands were trembling as I untied the bow and carefully uncreased the wrapping paper. Inside was a book, a beautiful volume of *Little Women* by Louisa May Alcott, complete with wonderful colored drawings. The inscription on the overleaf read, "Merry Christmas to Little Mary Jane from Big Mary Jane."

Who could have known how much I loved to read? Here was my very own book, the first book I could ever call my own. And there was no indelible number. It was from someone who knew my name and loved me.

Only years later did I learn the history behind that memorable gift. The lady who had donated the book had told Mother Superior Johanna, "I want to share this present with someone who shares my name." I still wonder if she had any idea how much her gesture meant to me. For years I read and reread that story. I have shared *Little Women* with my daughter and she has shared it with hers. Every time I see a copy of that book, I still feel moved.

A family of her own

At 14, I was sent to live with my father again because the Sisters felt I was old enough to care for myself. At 22, I met my husband, Robert, on a blind date and we were married two years later. My oldest son, Ronald, and his wife have just had a new baby, and my daughter Suzanne, is expecting her fifth child. My younger boy, Mark, 20, still lives at home. Now that my children are grown, the Christmas festivities at our house are usually focused on the grandchildren.

Each year as my loved ones gather around me on this very special day, I am both happy and sad. It will never cease to pain me that there are little ones who don't have families and must spend the Christmas holiday without the warmth of a loving home.

That's why, not long ago, I knitted a dainty sweater set and wrapped it up in bright shiny paper and a big bow. I addressed the package to "The Newest Baby on its First Christmas," and dropped the gift off at Goodwill Industries. It was just my own way of sharing with others a part of the happiness I have known on Christmas and each day of the year. **End**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay $250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box INE, Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.

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Women and Religion: New Faith for New Times

How does today's woman cope with changes, crises and pressures in her life? As she struggles with the eternals of human existence, and grapples with new roles at home and work, a grim economy and heightened world tensions, where does she find inner strength? Even in new times, many women are finding an old answer: religion. And as contemporary women turn to their churches and synagogues, their fervor and fresh outlook is making a visible and lasting mark on religious life in America.
By Gay Norton Edelman and Janice Harayda

"These are very dramatic times," says Dr. Letty Russell, a professor of theology at Yale's Divinity School. "There is a feeling of intensity. As more and more women look for a new sense of identity within their religion, they're creating a vital opportunity for renewal within our spiritual institutions."



Who are these new women of faith and commitment? What are they seeking—and what are they finding—as they turn to God?

To answer these questions the *Journal* talked to professors of religion, to theologians, to the clergy and to the women themselves. The evidence of new energy and direction is everywhere:

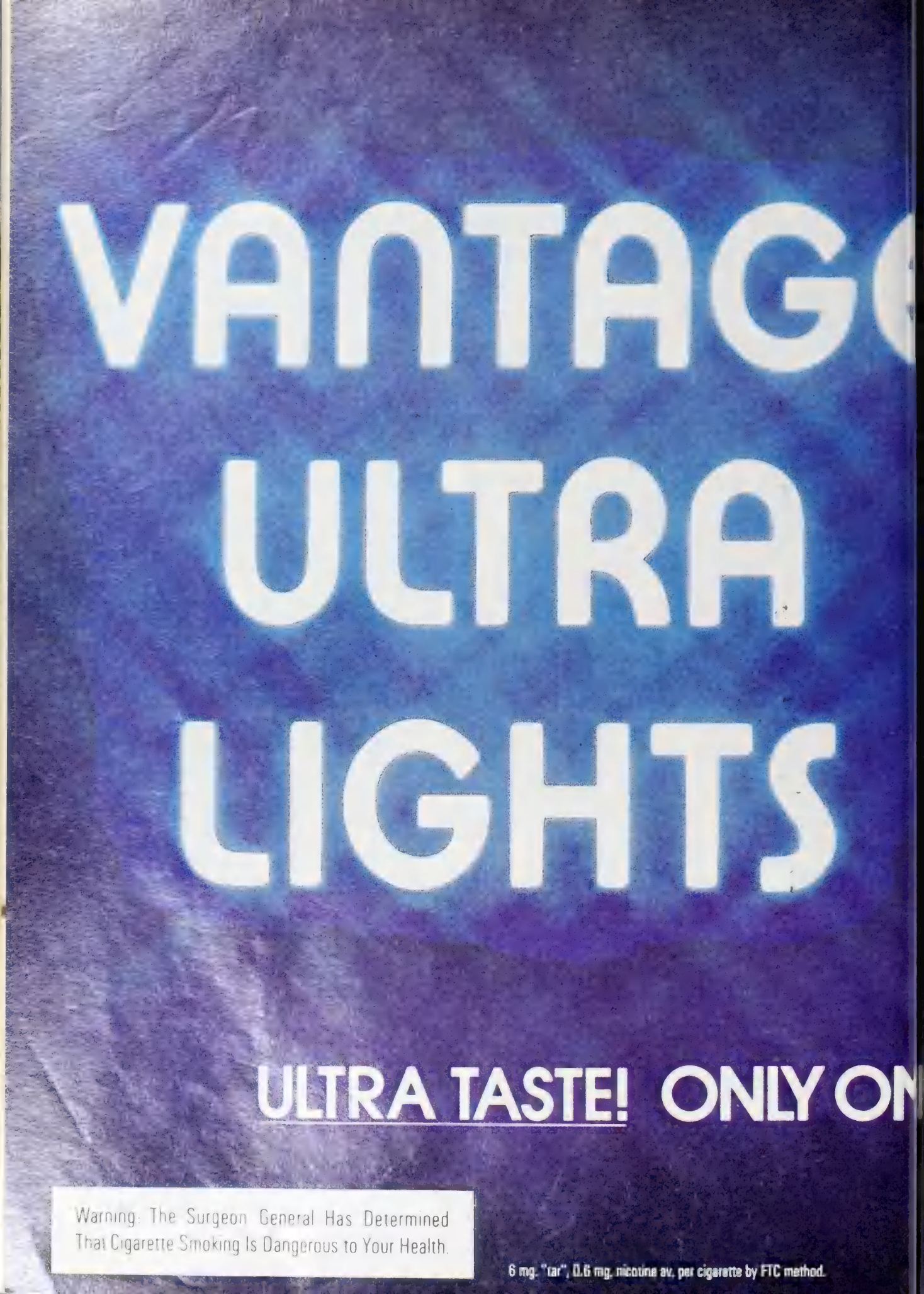
- A group of Jewish women in Newton, Mass., celebrate their *Bat Mitzvah*, a coming-of-age ritual that they missed as adolescents.
- In New York City, Episcopal women convene for a weekly service in which the language has been revised to eliminate sexist terminology.
- Mormon women find new significance in the traditional belief within the Church of Jesus Christ of Latter-day Saints that both sexes have equally important, though distinct roles to play on earth.
- In La Canada, Calif., participants flock to "Women in Transition" meetings held in the United Presbyterian Church.
- Women, once a rarity at Union Theological Seminary in New York, are commonplace on campus. They now comprise 50 percent of the student body.

And so on, through every faith—Protestant, Catholic, Greek Orthodox, Jewish, Muslim, Mormon and others. The sense of excitement is unmistakable. Yet the story of these women of faith is not captured in numbers. According to recent Gallup polls, in fact, church attendance by both sexes has dropped sharply in the past decade. What the figures fail to tell is the quality of religious commitment among growing numbers of women today.

Avion Brooks, an assistant ticket supervisor for Delta Airlines in New York, is one of these women. A tall, striking *(continued on page 26)*

Photograph by NOBU


"L'eggs...for a beautiful fit right down to your toes!"
Juliet Prowse
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Women and Religion

continued from page 22

blonde. Avion describes herself as "a child of the sixties." As a youngster she attended church, she says, "because my parents expected me to." By the time she had reached college, she had severed all connections with the church. Although she enjoyed her New York life and her job, at the age of 32, Avion felt that "something was missing."

A weekend visit to her family in upstate New York changed her life. At the urging of her two sisters, both "born again" Christians, she attended a women's Bible study group. When Avion spoke of the painful emptiness she felt, the assembled women offered to pray for her. As they worshiped together, Avion recalls, she felt a powerful sense of spiritual awakening. The next day she was baptized in a nearby lake.

"I walked out of the lake and my sisters and I embraced and cried for joy. We'd had our squabbles in the past, but we now knew that we'd always be together in the Lord."

Her faith has also given her a new perspective at work. "I've come to enjoy my work more because I'm finding it easier to be sensitive to the needs of my co-workers and customers." When she has to deal with an irate passenger, she says, "I pray to the Lord that He guide me and give me the right words to say."

Jennifer Jones, a young Cambridge, Mass., mother of two, sought guidance from the church when her husband died. "Until then, religion hadn't been part of my life. I'd married in my mid-twenties and saved my worship for my husband. In return I had expected him to take care of me, no matter what," she recalls. Suddenly finding herself a single parent, 31-year-old Jennifer felt she could no longer provide her daughters, then aged one and three, with the support and help they needed. Jennifer joined the church, she says, "because I had some hard struggling to do with my values and expectations."

As Jennifer's personal crisis passed and she adjusted to widowhood, her newfound faith remained with her. "The church," she feels, "provides an important support network for my family. I now lean on God . . . and myself . . . instead of another person."

Bolstering marriage and the family

This sentiment was repeated time and again by the women with whom we spoke. And it is confirmed by a recent national Gallup survey. Nearly half of the women polled agreed that religion had strengthened their family ties. Many said that they not only attended church regularly, but had brought religion home with them. They reported that they say grace at family meals and talk about God with their children. "It is hard to explain religion at first, but children seem more at ease than adults in accepting the Divine Presence," commented one active churchgoer.

Concerned by the soaring divorce rate, the growing numbers of single parents and the changes taking place as more and more women leave home for the work place, churches and synagogues are reaching out not only to individual worshipers but to the family as a whole.

"People come to our church not just for the religious services but for the family programs we offer," says Roberta Hestenes, a Presbyterian minister and a leader in the Evangelical Women's Caucus.

Family night

One of the most successful of these programs was started by the Church of Jesus Christ of Latter-day Saints. Monday night is family night in the Mormon Church. Church members are encouraged to set aside that evening for intimate family gatherings, in which discussion can turn to everyday concerns as well as to spiritual matters. "Family night works," explains Ida Smith, Director of Women's Research at Brigham Young University in Provo, Utah, "because parents and kids really have an opportunity to talk to one another."

Susan Dworkin, a New Jersey working mother, values the moral backing that her synagogue provides. "Going to synagogue helps reinforce the moral lessons I'm trying to teach my kids," she says. "At a time when morality is declining, I want ethical guidance for me and my family. The old rules suddenly seem welcome."

The absence of moral authority troubles many Americans, say George Gallup and David Poling, authors of *The Search for America's Faith*. "People by the millions are concerned, interested—and even desperate—for moral balance in their lives," these authorities wrote.

As they work to strengthen the fiber of the family, many churches are turning their attention to the precarious state of marriage today. In an innovative move, the Roman Catholic Church several years ago initiated weekend-long marriage encounters. During two-day sessions, couples leave children and worldly pressures behind and get to know each other anew. A series of communication exercises has been designed to help rejuvenate their relationships. Retreat leaders say that many couples, after years of drifting apart, are finding their way back to each other in the course of a weekend.

The mix of marriage and religion is an effective one, according to a recent survey by Dr. William McCready, an Associate Professor at the University of Chicago and affiliate of the National Opinion Research Center. In a study of young married Catholics aged 20 to 30, Dr. McCready found that as religious faith increased so did marital satisfaction. This presumably holds true for non-Catholics as well, he says. "When it comes to sex and marriage," he explains, "religion provides the rules of the game."

As our churches focus on marriage and the changing family, they are also, by necessity, beginning to address the needs of newly independent women. They are listening to women's demands for greater recognition and increased participation in religious institutions.

"For compelling financial reasons, women have gone to work," explains Ida Smith. "Once in the labor force, they have become more aware of women's issues. Some Mormon women are saying, 'Hey, wait a minute! God said men and women are equal beings. We have different functions, but our roles are equally valid.'" Last February, the Mormon Women's Conference at Brigham Young University drew over 6,000 women to discuss the challenges of being a Mormon woman today.

"Many women," says Barnard College religion professor Elaine Pagels, "are looking for a new place within the context of old traditions." Across the country women are claiming an expanded role in houses of worship. In some Catholic churches women now serve as "eucharistic ministers," non-ordained "priests" who distribute the consecrated wine and bread of Communion.

Where the rituals don't exist, some women are inventing them. Shortly before last Easter, on a rainy, windy Sunday in Cambridge, Mass., 35 women from the First Congregational Church created an elaborate bread-baking ceremony. "Bread has been important to religious services for centuries," explained one participant. "We wanted to show that even so small an act as baking bread can be a way of giving thanks to God."

At Temple Emanuel in Newton, Mass., grown women prepare *(continued)*

PROPHECY

By Gladys McKee Iker

"Love will come haloed,"
Grandmother said,
"with a circle of light
above his head,
wearing bright armor,
tossing a rose,
O, you will know love
by all of those."

So little I wondered,
I dropped a glove,
on a windy night
that it was love,
as you picked it up
and the street light shed
a circle of light
above your head . . .

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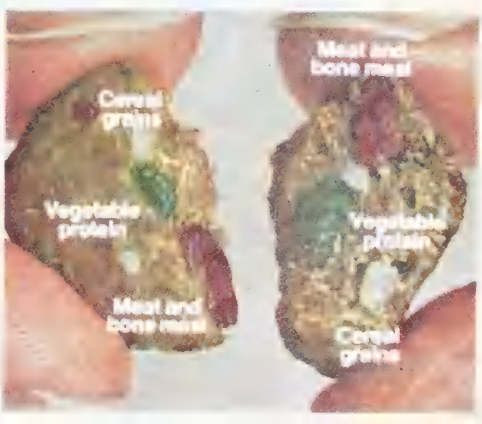
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Women and Religion

continued

themselves for a ritual they missed in adolescence. Each woman is celebrating her Bat Mitzvah, equivalent of the Bar Mitzvah—the coming-of-age ceremony Jewish boys observe at age 13. Although now more and more girls partake in the ceremony, these older women—like others of their generation—did not have this same opportunity.

"Women want to become educated in Jewish history and tradition," says Hadassah Blocker, who directs the Bat Mitzvah program at Temple Emanuel. "They want to participate in a ceremony that allows them to show their commitment to Judaism." In some synagogues Jewish women now wear the *yarmulke* (skull cap) and *tallis* (prayer shawl) once donned only by their fathers and brothers. They are also now permitted, in some congregations, to read aloud from the Haftarah, or prophetic portion of the Bible.

Not everyone welcomes the new participation of women, however, as Hadassah Blocker discovered when she read from the Haftarah at Temple Emanuel. After she'd completed a long and difficult passage, a man said to her, "You know you slipped up there—you mispronounced a vowel." The incident taught her, says Hadassah, "If women want to inch their way into male strongholds, we have to be even better than men."

Some women are asking to modify the language of religion as well as the ritual. They feel that it is, in some cases, unnecessarily sexist. For example, they try to encourage use of the word "God" instead of "Lord." "God," they argue, is relatively gender-free, while "Lord" has a strictly masculine connotation. Critics consider such distinctions trivial and even offensive. Proponents see a positive reason for rethinking religious vocabulary. "Until now, many women," says Elaine Pagels, "have felt excluded."

Eliminating sexist language

Twenty-four-year old Jamie De Jong, member of a synagogue that recently revised its prayer book to eliminate sexist language, credits changes in language and ritual with drawing more younger women to churches and synagogues.

"It's terrific," says Jamie. "When I was growing up, I had no religious feelings because I always felt like an outsider as a girl. Women in orthodox congregations were treated like shadows—and they acted like shadows."

One phenomenon that is bound to affect our religious institutions is the growing presence of women in theological schools. "Many seminaries have student bodies that are one-third women," estimates Peggy Schriver, head of research and planning for the National Council of Churches.

How many of these women will actually enter the clergy? Parishioners are still largely reluctant to put a woman in the pulpit, say many authorities. "Even when a woman lands a position in the ministry," says Dr. Jeanne Audrey Powers, who was ordained as a minister in the United Methodist Church 20 years ago, "she's not always able to advance her career because men often get the choice posts."

And of course, in certain orthodox religions, women are forbidden to be ministers. But in some Jewish congregations, women are being accepted as rabbis, something that would have been unthinkable years ago. Professor Pagels thinks we'll soon see more and more women leading congregations.

Clearly, change is in the air. That change, as one young woman puts it, "seems as inevitable as the human need for faith itself." And one of the already apparent changes is the renewed sense of commitment among women, which Cambridge, Mass., mother Jennifer Jones expresses so poignantly: "The church is liberating to me as an individual. My faith has given me an enormous sense of freedom. I now believe that things will somehow work out for me and my daughters. I no longer fear life's unknowns." **End**

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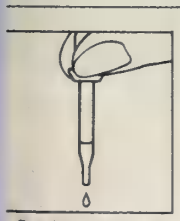
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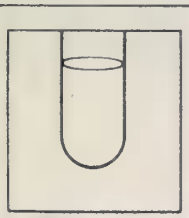
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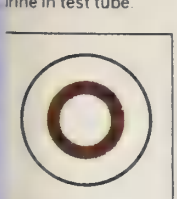
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LHJ's DOCTOR

WHEN SUPERMOM GETS SUPER TIRED, IS SHE JUST OVERWORKED? OR IS HER FATIGUE A SIGN THAT SOMETHING IS MEDICALLY WRONG?

By Michael J. Halberstam, M.D.

"Doctor, I feel like a wreck. Why am I always so exhausted?"

"Doctor, I'm exhausted. I have no energy and all I want to do is sleep."

I was listening to a new patient, a young mother with two children of elementary school age and a full-time job. Although she tried to be cheerful, the 33-year-old woman looked, needless to say, tired.

"How long have you been feeling this way?" I asked. "Can you give me an approximate date?"

She thought for a moment. **"I started feeling really tired around Halloween, but lately it's become much worse."**

"Are you short of breath, have you been running a fever, lost your appetite?" I was trying to pinpoint her symptoms through a series of questions. Each of her answers helped rule out specific illnesses, and this process of elimination, I felt, would eventually lead me to a diagnosis.

Checking over her medical history in some detail, I discounted a virus as a possibility. Viruses last only a few days and her lethargy had been an ongoing problem for months. I felt that anemia, another cause of long-term fatigue, was unlikely because her appetite was good and there had been no changes in her bowel movements or urine. Fatigue, in fact, was her only complaint. Her physical examination was completely normal.

Then I asked one last question: "Have there been any big changes in your life since October?"

Indeed, there had been some. My patient, as it turned out, had recently started taking a course for her master's degree two nights a week. She also explained that she and her husband spent all their spare time renovating the large, rambling, Victorian house they had bought less than a year ago.

"I'll bet you've been busy doing Christmas shopping on top of everything else," I commented.

"Oh, sure. I get stuck buying the presents for the kids because Don doesn't have the faintest idea what they want. And I have to find gifts for the rest of my family and his mother and sister." She sank deeper into her armchair and sighed. **"Then, of course, there's Christmas dinner for all of our relatives. . . ."**

I was appalled. Listening to this otherwise intelligent woman, I couldn't believe how she had overloaded her schedule so impossibly. There wasn't a single moment in her day when she could relax. Her home was not her castle, it was her assembly line. I began to wonder if she was pushing her limits to see how far she could go.

I'm used to male workaholics slumping into my office chair. But, today, American women are under enormous pressure—some of it cultural, some of it self-imposed—to become "superpeople." They are trying to maintain a household and raise children, hold down a job, go to graduate school, give dinner parties and, incidentally, help renovate the house on weekends. Whose body wouldn't give way under all that strain?

Some fatigue is normal. It's nature's way of telling us when we have taken more work upon ourselves than we can handle, or warning us when we're not eating properly or getting enough rest.

But while fatigue may grow out of our hectic lifestyles, its causes can, of course, be organic. Illnesses that manifest themselves through fatigue include: anemia, a condition in which there is an insufficient number of red blood cells to carry oxygen to the body's tissues; an underactive thyroid gland, a rarer condition than one might think; heart problems; and diabetes. Most physical ailments, however, are eventually accompanied by other symptoms and signs along with exhaustion.

Since I could not find anything physically wrong with my patient, I continued to search for psychological explanations.

She took the initiative here. **"Do you think I'm depressed?"** she asked.

"Frankly, no, though it's often hard to distinguish between weariness and the fatigue associated with depression." We all know that the body influences the mind and vice versa. A top-heavy schedule often causes anxieties that can lead to a lack of sleep or poor eating habits, both of which are bound to produce flagging spirits. But many women tend to view their exhaustion and occasional moodiness as "depression." The fact is that there are important differences between simple exhaustion and mental depression.

Physical fatigue, for instance, tends to become worse as the day wears on. Getting extra sleep at night helps and can leave a woman renewed and ready to face the day. But when chronically depressed, she wakes up exhausted and feels drained even before getting out of her bed. No amount of sleep will make her feel more energetic.

A person suffering from chronic physical *(continued)*



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continued

fatigue will enjoy dancing, socializing or sports, but she often doesn't have enough stamina and tires quickly. Someone who is depressed, however, has no interest in joining such activities in the first place. Even leaving her own home can seem like an enormous effort.

A relaxing weekend or taking a vacation can usually ease the strain of chronic fatigue. But arranging to have time off may not lift depression.

A depressed person is often overwhelmed by a sense of apathy and hopelessness; nothing she does seems worthwhile. The workaholic has different problems. There isn't enough time in the day to do everything she wants. Her chronic fatigue can usually be alleviated by organizing her time and directing her energies more realistically. Many of us are living at too fast a pace and tend to get carried away by day-to-day demands. When the body says slow down, we ought to listen.

My patient and I discussed her predicament at length. She agreed it was time to talk to her husband about putting off any further remodeling plans on their new house until she'd finished her graduate school requirements for the current term. Though her husband helps out around the house as much as he can, I suggested they might try to find a part-time housekeeper to take on some of the chores. Maybe she and her husband should leave the kids with relatives and go find a sunny beach for a week or so. After our talk, I felt that she had more perspective on how the stress of her daily responsibilities had sapped her energies.

Any woman who starts feeling uncharacteristically fatigued for extended periods of time should take a close look at her lifestyle and at any recent changes in her routine. Has she lost a baby-sitter, a relative, or a lover who used to help shoulder some of her tasks? Has she taken on a full-time or part-time job in addition to raising her children, or accepted too many civic duties? The irony is that Supermom is not the only one who is affected by her situation. Co-workers and loved ones undoubtedly feel the pressures of her strain as well.

Rule out illness first

While many patients suffering from pure fatigue are either overworked, depressed or both, final diagnosis should be left to her physician. A physical examination and laboratory tests should be made to rule out any illness or disease. Then a physician can go on to consider other possible causes. However, the clues I've given to distinguish between organic or psychosomatic fatigue are just that—clues. Let your doctor determine your problem and help you solve it. **End**

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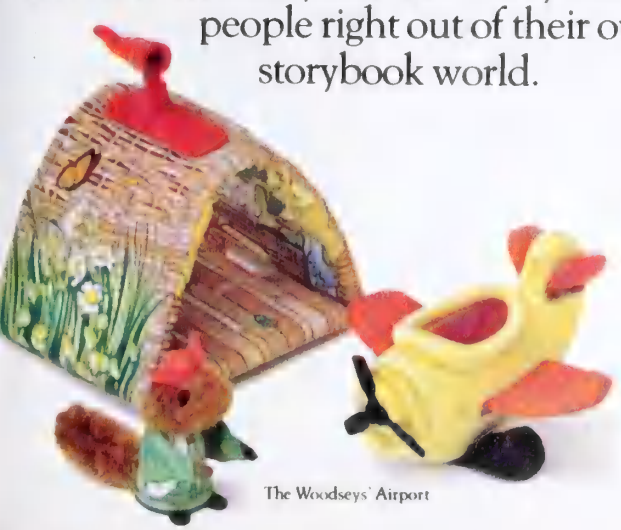




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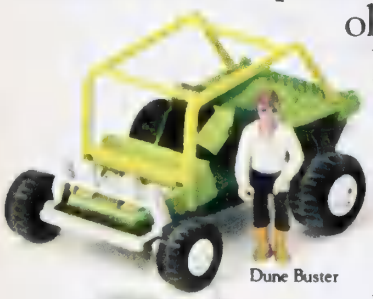
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THE NON-SKIING SKI VACATION: HIGH SEASON AT ST. MORITZ

Do you relish sipping mulled wine around a crackling fire in a mountaintop lodge—and *hate* the icy, downhill activity that usually goes with it? If so, St. Moritz is a winter wonderland you'll enjoy.

By Diane de Dubovay

Imagine yourself on a moonlit sleigh ride through the woods. Piled with furs and equipped with a hot foot warmer, the stillness of the night is broken only by the tinkle of sleigh bells and the timid night sounds of animals roaming through the forest.

Sound like a dream ending to an exhilarating day on the slopes? It can be. But more tranquil hibernal pleasures are some of the main attractions at the world's most fashionable winter resort.

Nestled amidst the sunniest peaks of the Swiss Alps, and laced with some of the most magnificent ski trails in all of Europe, St. Moritz is a skier's dream. Yet, at least half the visitors to the resort are non-skiers—and no wonder. An astonishing number of winter visitors are sun worshippers, for it is said that in St. Moritz's mild, dry climate, there are three times the number of sunny days than anywhere else in the Alps. Others are seduced by the magical ambience of the broad, white-carpeted valley: The frozen Lake of St. Moritz becomes the scene of world-famous horse racing on ice, complete with grandstands for 10,000 spectators; an idyllic clearing in the woods is the setting for St. Moritz's annual, international, Christmas, ski-jumping competition; romantic outdoor rinks feature figure skating spectacles and the roads along the sides of the valley ring with the festive bells of antique horse-drawn sleighs.

For the active non-skier, St. Moritz also offers more winter sports than any other resort in Europe: wintergolf on the frozen lake, ice skating on seven rinks, tobogganing, bobsled and its more dangerous counterpart skeleton runs, horseback riding through wooded, snow-covered trails, curling, hang-gliding, indoor swimming, a brand new super-spa and—possibly the most unique attraction—75 miles of marked panorama trails for walking.

The real joy of a non-skiing vacation, though, is that you don't *have* to rise at dawn and plunge into a frenzy of exhausting physical activity. Sleep late and start the day with breakfast in bed and a leisurely perusal of a few chapters of a favorite book. Then set off for a hike through a glacier valley or a walk through the woods, following the marked footpaths to a little inn at the end of the trail where you can rest and warm yourself with a hot, thick soup or a hearty lunch.



Another option is to rise at noon, and take the ski lift to the slopes for a luncheon rendezvous with skiing friends. The cheerful Marmite Restaurant at the Corveglia Ski Station offers an elaborate pastry spread and the "hautest" haute cuisine on the slopes. You'll have to book ahead for a choice window table and lunch will cost you about $16. But without a reservation, you can enjoy the same cuisine in the self-service section for a mere five to six dollars.

After the hurly-burly of lunch, when the skiers return to their duty, it's a relief to wrap yourself in a blanket and stretch out on a chaise longue on the terrace of the restaurant for a bit of sunbathing.

Ordinarily, St. Moritz is a sleepy village of 6,000 inhabitants—its steep, narrow, winding streets lined with elegant boutiques, opulent private chalets, cozy restaurants, luxury hotels and fanciful pastry shops. During the "season" (December 20 to January 6 and again during the month of February), 14,000 privileged visitors descend on St. Moritz in pursuit of elegance, fitness and a glittering social life. During these few weeks, visitors to St. Moritz find themselves rubbing shoulders with many of the world's most recognizable Beautiful People.

People-watching reaches its apotheosis from four to six p.m. when skiers and non-skiers alike abandon all activity in favor of lingering over tea beside a crackling fire in a cozy hotel lobby or village coffee shop, and conjure up plans for the evening's social activities. *The* place to see and be seen is Hanselman, an exceedingly elegant tearoom.

Around six P.M., you might want to return to your hotel for a couple hours of rest and pampering before plunging into St. Moritz's charmed night life. Take a swim, sauna and massage. If your hotel isn't equipped with a swimming pool, for $2.50 you can work out any tension by doing laps in St. Moritz's brand-new, glassed-in, Olympic-sized, public swimming pool with its breathtaking views of the snow-covered mountains.

Finding your favorite restaurant—a romantic, 300-year-old converted farmhouse, like Talvo in nearby Champfer, or a cozy retreat, such as the one you will find tucked away in Sils Maria's Hotel Margna—can be a gastronome's delight.

If you prefer not to make dinner the main event, the culture-loving Swiss are avid concert and symphony-goers. (Not to be missed is the pre-Christmas concert held at the Hotel Lauenella of the Engadiner Kammerchor—a classical choral and orchestral program of Mozart, Handel and Bach followed by a lavish buffet dinner of local delicacies.) During the Christmas season, the luxury hotels also offer a round robin of black tie "galas," featuring cocktails, dinner, dancing, an opulent fashion show of unisex furs and top-flight entertainment.

Night and day, St. Moritz is a non-stop fashion extravaganza. Remember to take along a fur or fur-trimmed coat, plenty of sweaters and silk blouses, cords or wool trousers. Jacket and tie are required for men at many restaurants.

Despite the conspicuous display of wealth, with wise planning there is a St. Moritz vacation to suit every pocketbook: moderately priced and quaint, family-run pensions, group housekeeping in rented chalets or condominiums, or elaborate but reasonably priced package tours offered by most of the luxury hotels. (All hotels require a two-week minimum stay during high season.) Complete listings and holiday rental information are available through Idyll, P.O. Box 405, Media, Pennsylvania 19063, or St. Moritz Tourist Office, St. Moritz, CH-7500, Switzerland. For other information, contact the Swiss National Tourist Office, 608 Fifth Avenue, New York, N.Y. 10020, tel: 212-757-5944. **End**

Illustration by Kit Douglas

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ENOUGH CHRISTMAS TO SHARE

In this season of fraternity, people of this country reach out to share with others. One family, in Memphis, Tennessee, hosts a party for 225 needy children—and that's only the beginning.

By Katherine Barrett

Lisa hated December 25. She would sit on her soiled and creaky cot, watching her father sitting at the kitchen table and drinking. Outside, she could hear the neighborhood children as they compared the candies and toys they had received earlier that day. The sounds of the other children only reminded Lisa of her own painful circumstances, her life in the scruffy shack with two brothers and an alcoholic father. Christmas in Lisa's household was only different from other days in the year because of the stomach-tightening loneliness that came with it.

When Monroe and Joe Ann Ballard heard about Lisa, it made them ache. Not that the couple was surprised. They knew that many lived without Christmas or trees or decorations or even a special feeling of warmth on the holiday. And they knew they had to do something about it.

When other people heard what the Ballards were doing, they wondered if the couple were crazy. Giving a party in your own home for dirty, badly behaved children? Inviting practically anyone who wanted to come? It sounded insane to everyone but 14-year-old Lisa—and 225 other young people who showed up at the Ballards' home for a Christmas celebration that December.

It was Lisa's first holiday party and she felt a rush of excitement seeing the red and green crepe paper decorations, the mounds of food and the piles of little presents that the Ballards had bought and wrapped themselves. Squeezed next to friends from church, Lisa sang Christmas carols, filled herself with cold cuts and watched expectantly as the couple handed out the packages. But the biggest surprise came when she tore through the red tissue paper on her gift and found a *camera*. It was the first thing in her life that she had ever owned.

Sitting on the family's brocaded green couch six years later, Mrs. Ballard's eyes glisten, but not for long, as she remembers. Plump and good-natured, she's the kind of person who's more inclined to laugh at her memories than treasure them. "We were tired for two weeks after that day, and you should have seen the food—a mountain of potato salad, turkeys, hams, vats of fruit punch. When the children left it looked like a disaster . . . like a tornado had hit our house."



Monroe Ballard and his wife, Joe Ann (seated, far left), enjoy an extended family Christmas with their three young children and foster daughters.

How could anyone be brave enough to have 225 children to dinner? She and her husband smile slightly at the question and shrug. Usually enthusiastic and talkative, both Ballards downplay the extraordinary party that has become an annual event. The way they talk, you'd think everyone did it, and that their personal mission to help others was the most common thing in the world.

Even as they speak, there's plenty of commotion around their nine-bedroom house. The couple's own daughters, Ephie, 12, and Linda, 9, are in the backyard on a homemade carousel that their father built from junk scraps. Several older foster daughters watch television in the den, and three-year-old Monroe, Jr. chatters doggedly to his grandmother in the kitchen. Even when it's not filled with 225 children, this red brick house seems full and in a slight state of disarray, with boxes of clothes or shoes all over the porch, a pickup truck full of broken appliances in the driveway and a steady stream of visitors in and out of the door.

There's rarely a time when the Ballards aren't busy or involved in some huge project. Their shady residential street may be a world away from the potholed roads of south Memphis, but they've never forgotten what poverty is. Mr. Ballard, a sixth grade teacher, was raised in Mississippi, sharing a bed with seven brothers and sisters. His wife was abandoned by her own mother as a baby and brought up by foster parents. They know what life is like for the children they help, and can relate to them on a level that eludes social service workers. The children understand that, too, and respond to the couple's down-home dignity with friendship and a lot of respect.

In fact, since that first Christmas party, the Ballards have become a kind of institution in Memphis. Instead of looking at them incredulously, friends, relatives and neighbors often volunteer to help at the annual holiday party for 225 children. Now a restaurant donates space for the day, shopkeepers give merchandise for presents, a local philanthropist helps out on party expenses and some of the original guests, like Lisa, help the couple wrap presents and serve food. This year, there will even be a second party in Jackson, Mississippi—a fact that delights the Ballards' own children because they get to attend both.

Parties now are more organized and less crowded than the first one, but the Ballards work hard to keep them personal. They know the excitement is still there when they see the littlest children fidgeting in their seats, too thrilled to eat. Or, when their telephone rings in September or even August, and a timid voice checks to make sure he's on the party list. Or, when a little child hands them a picture of a misshapen Christmas tree because he wants them to have a present from him, too.

Perhaps most important, the Ballards have shown children how to give. In a way, Lisa tells it best. She still has the camera that she held tight six years ago, but she has much more that the couple gave her. "You know? I want to help people the way the Ballards helped me," she says earnestly. "I want to be the kind of person who cares about others." **End**



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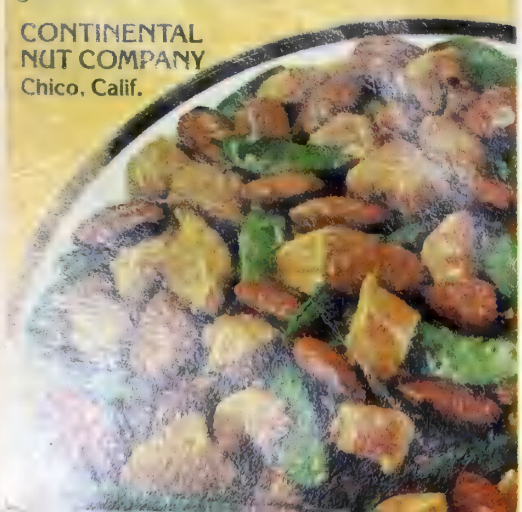
Blue Ribbon Idea

CHINATOWN ALMOND CHICKEN

This is a little wok, but it's worth it.

Skin, bone and cut 1½ pounds chicken breast in ½ inch cubes. In bowl mix 1 tsp. ginger, 2 tsp. sugar, 1 tbsp. cornstarch; blend in 3 tbsp. each water and soy sauce, and ⅓ cup sherry. Thaw 2(6-oz.) pkgs. Chinese pea pods. In wok (or skillet) heat ¼ cup oil over medium heat. Add 1 cup BLUE RIBBON Natural (or Blanched) Whole Almonds; stir and cook about 3 minutes. Add chicken and cook just till meat turns white. Pour in sherry mixture; cook till sauce thickens. Add pea pods; stir-fry till hot and glazed. Serve at once. Serves 4.

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Beyond Eggnog

Brightly colored, aromatic cordials are a liquid dessert that will satisfy more than your sweet tooth. They're a tangy way to end a holiday meal or begin an evening. By Bert Greene

Time was, the only drink deemed fitting to salute the yuletide was eggnog or a mug of stinging-hot glögg. Happily, the urbane host in the 1980s is no longer so tradition-bound and may even skip the wassail bowl entirely.

Liqueurs are a recent American taste acquisition. These delicate fruit, flower and spice distillations are among the most sensual spirits known to man. They are written of in the Bible, yet until a decade ago, less than a third of the drinking population in the U.S. had ever tasted a drop.

The principle of liqueur is the combining of some flavorful aromatic (fruit, almonds, coffee—you name it!) with fine brandy. And the amazing versatility of liqueur is best demonstrated in the hands of a creative barman. Sample the subtle layering of a *kir* (that Burgundian notion of combining whitest wine with a seasoning of black currant liqueur), then consider the mix with a spot of orange (Grand Marnier, Triple Sec or Orangero) for an entirely different taste.

Some of my most pleasurable party beverages have been inaugurated by chance and good luck. When unexpected guests arrived after a substantial Thanksgiving dinner one time, I hastily poured a decanter of fresh apple cider over ice—only to discover a shocking absence of Calvados (distilled apple brandy) in the liquor cabinet. To my good fortune, however, I unearthed CocoRibe (coconut rum), instead, and another holiday punch was born.

Punch is never my favorite drink. But it is very often a practical party necessity. The ones I serve are never cloying and are invariably based on the following elements in varying proportion: fresh (or frozen) fruit juice for a base, vodka or possibly brandy for a kick and some aromatic liqueur floated over the ice to bond the flavors.

A discreet lacing of apricot brandy or Cherry Heering will, for instance, make a whole new drink of simple, old-fashioned lemonade served over a block of ice. Or, consider lime juice (fresh or bottled) combined with equal parts of tequila and coconut amaretto, and lightened with crushed ice and soda for a daredevil version of a frozen daiquiri. Orange juice and vodka, a long-time standby of brunch, develops an even sunnier disposition at a holiday buffet when it is amended by a jigger of Grand Marnier liqueur. Serve this in brandy snifters with slightly softened vanilla ice cream floating on top. This drink, known convivially as "a golden screw," is like imbibing pure liquid velvet, yet it can be deceptively lethal.

The liqueur craze, incidentally, is bringing a lot of dusty blenders out of the kitchen cabinet again. Consider these unusual mixtures: ripe melon with Midori liqueur; frozen raspberries sloshed with cream, and equal parts light rum and crème de cacao, and well-strained before it hits the rocks. One of my most agreeable punch ingredients is amaretto, a sweet liqueur, redolent of crushed almond macaroons. Try it with a tart adjunct like cranberry juice or a sweet potion like simple chocolate-flavored milk. But, remember, the liqueur must never exceed one quarter of the total beverage.

Another unusual holiday punch I was once served was not a drink at all, but zabaglione—a dessert made before the guests' eyes. This Italian dessert, consisting of egg yolks, a bit of sugar and Marsala wine, was whisked in a large copper chafing dish and offered in tiny demitasse cups with a spoon on the side. Which brings me to yet another creation.

A good cooking friend of mine never serves dessert after meals because she claims to hate sweets. (She eats them assiduously at my table, but no matter!) An hour after dinner she inevitably passes round *iced* cold cappuccino (freshly made and well laced with Kahlua or some other coffee liqueur). The rims of the glasses are always dipped in orange juice and frosted with granulated sugar. Each drink is finally topped with whipped cream, seasoned with anisette and dusted with cinnamon.

If it sounds like liquorous overkill—you are not far wrong. But think of the possibilities in a punch bowl! **End**



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A Holiday Dream Dance

Tomorrow's dancers are on the stage today in *The Nutcracker.* These children combine a hectic schedule of school and work, but they say performing is like a fantasy come true. By Betty Herbert

Imagine that you're on center stage in the glamorous New York State Theater at Lincoln Center. Thousands of faces are watching as you move gracefully to the magical notes of Tchaikovsky's *The Nutcracker.* Finally, after all the music and the deafening applause, a crowd clamors after you for autographs.

You'd probably think it was a "pretty neat" experience if you were 11 years old like Bonnie Roten. Sitting on the edge of her parents' four-poster bed, this strawberry blonde from Westchester County, N.Y., bounces with excitement when she talks about *The Nutcracker.*

It's not hard to understand why. Last year, Bonnie was one of three little girls who played Mary—the most coveted child role in a full-length ballet—and for a few short weeks it made her a star.

She had dinners at midnight, signed autographs (a weird feeling, she says), shook hands with George Balanchine, the world famous choreographer, and found out that she loves applause.

Bonnie is only one of about 80 children who perform with the New York City Ballet each December. Onstage and in the audience, *The Nutcracker* seems almost ideal for children, with all the details of a fanciful fairy tale—a Christmas tree that triples in size, a furious battle with giant mice, the dance of the Sugar Plum Fairy, a broken nutcracker that turns into a prince.

But backstage, the young ballet students see another aspect of the dance, too. They see the ballerinas doubled over and panting after an elegant and seemingly effortless dance, and they realize how many work hard for relatively little glory.

Behind the scenes, the magical settings look more mundane as well. Riding skyward in a chariot may seem glamorous, but Mary and the little prince actually find it rickety. And when Mary is twirled around on her bed, she knows that a man underneath is doing the twirling. "He has a walkie-talkie, and he would always tease me and pretend to take off my slippers," Bonnie confides.

There are any number of other things to worry about, too—putting props in the right place, following the music, not falling, remembering the parts—and a certain amount of fatigue that's natural for children up past their bedtime.



John White, aged 11, escorts Bonnie Roten, also 11, in a performance of The Nutcracker.

Split into two casts, the young dancers only work every other performance, but that's still a hefty responsibility: onstage until 11 P.M., often getting home past midnight, heading to school the next day with or without homework completed. It's not too unusual for children to be fatigued in school or even irritable. "You don't understand. I work nights," snapped a 10-year-old boy last year to one of his teachers.

To most of the children, though, the excitement of the performance far outweighs any of the negative aspects. Even if they occasionally do get tired in school, they are professionals onstage — so intense and involved that the dancers sometimes forget how young they are.

For many, *The Nutcracker* is their first professional performance, and they get a tremendous high from being onstage. It's said that Balanchine, who co-founded the School of American Ballet, fell in love with dancing when he performed as a child in Leningrad. He wanted to give other children a chance to discover the art, so throughout the year students perform with the ballet company. In fact, many of the professional dancers in the New York City Ballet began their careers in the same way.

David Richardson, the dancer who works most closely with the children, was himself the little prince in the late 1950s. A patient teacher, he says the experience stands out as one of the most memorable times of his childhood, and pretty much clinched his decision to become a professional. "There's this expansive sensation with an audience," he says, in between rehearsals. "There's a high that you don't get in the classroom or anywhere else. These children are happy when they're performing. Even if they have family problems or school problems, they disappear because being onstage is such a fantasy."

He and other dancers are role models for this year's crop of young performers, but he emphasizes that you don't have to be the prince or Mary to be an important part of the ballet. The production is treated with such respect that little clowns, mice, soldiers and party children all feel good about what they do.

Still, the two main characters do get the lion's share of attention and the competition for the parts is heavy. When 11-year-old John White was told that he'd play the prince last year, his mother was so excited that she walked into a rack of costumes. "And I was even more excited than she was," says John, a small but athletic boy who enjoys soccer and bike-riding when he's not dancing.

But probably no one's experience quite matched Bonnie's. When the roles were announced, she was told that she'd play a girl in the party scene as she had the year before. Rehearsals progressed through November and the performances began. Then early in December, Balanchine announced that he wanted her to play Mary after all. "I was so happy. I never dreamed that this would happen," says Bonnie.

Even at 11, it's not hard to see that dancing is becoming her life. The autographed toe shoes on her bulletin board, the expressive movements of her arms, the ballet calendar in her room, all speak of her enthusiasm. When she was "little" she may have wanted to be a painter, an actress or a photographer, but now—even though she knows it's tough—there's no doubt in her mind that she will be a dancer. She's even philosophical about it. "I realize that you might work really hard to be a dancer and end up in the corps de ballet," she admits.

And does that bother her? Bonnie pauses a moment and then smiles. "No. But I've already made up my mind that I'm going to be a star." **End**

Photograph by Martha Swope

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The Santa Story

Did you know that if it weren't for New York City there might never have been a Santa? That Santa has recently lost weight? That his new mode of transport might be a rocket ship? Here's the surprising story of jolly old St. Nick.
By Beth Weinhouse



Santa Claus is as much a part of American childhood as Superman, Popeye or the Incredible Hulk. Yet while everyone knows Superman was born on Krypton, the origins of Santa are still a mystery to most people. It may be a surprise that the jovial Santa Claus who appears each Christmas is largely the creation of three nineteenth-century Americans—Washington Irving, a writer; Clement Clarke Moore, a poet; and Thomas Nast, an illustrator. Santa's current appearance has little to do with religious convention, and much to do with patriotism, poetic license and health consciousness.

Colonial America had little use for Christmas. The Quakers and Puritans did not celebrate it at all, and Massachusetts actually passed a law in 1659 forbidding observation of the holiday. The law remained on the books for 22 years, and Christmas did not become a legal holiday in this country until late in the first half of the nineteenth century.

Meanwhile, the Dutch were busy settling on Manhattan Island. St Nicholas (Sint Nicklaas or Sinta Claes in Dutch) was revived in the late eighteenth century as an anti-British symbol and evidence of American patriotism. Many settlers considered St. Nicholas to be the patron saint of New York City.

What happened next is sometimes called "The Great Saint Nicholas Renaissance" in New York. In 1809, Washington Irving wrote a humorous fictional history of New York City. He mentioned St. Nicholas 25 times in this work. Irving's St. Nicholas was no longer just a thin, ascetic bishop, but a man "equipped with a low, broad-brimmed hat, a huge pair of Flemish trunk hose (bloomers) and a pipe." He "came riding over the tops of trees in that selfsame wagon wherein he brings his yearly presents to children."

"Jolly old elf"

It was this image that Clement Clarke Moore picked up when he wrote "A Visit from St. Nicholas" in 1822. Moore's St. Nick had traded in his wagon for a sled pulled by reindeer, and in the 13 years since Irving's work of fiction, St. Nicholas had put on a lot of weight. "He had a broad face, and a little round belly,/ That shook when he laughed, like a bowl full of jelly./ He was chubby and plump—a right jolly old elf;/ And I laughed when I saw him, in spite of myself."

Moore's Santa Claus, however, was not yet the fashion plate he is now. According to Moore, "He was dressed all in fur from his head to his foot,/ and his clothes were all tarnished with ashes and soot." It was up to Thomas Nast to dress him in the style he sports to this day.

Nast was the political cartoonist who originated the GOP elephant and the Democratic donkey. Curiously enough, he was also the first to draw the modern Santa Claus. His original picture appeared in the 1860s, and it showed a very short, fat St. Nicholas perched on a chimney top with a reindeer and sled nearby. A suit all of fur seemed gaudy to Nast, so he dressed his St. Nicholas in red satin trousers and jacket trimmed with ermine. He added boots, a wide black belt, and a tasseled cap. This visual image so delighted children that Santa Claus has always remained more or less the same way.

Still, the last century has wrought subtle changes on Santa Claus. For one thing, since the 1960s he seems to be losing much of his rolypolyness—along with millions of other weight-conscious Americans. He has grown taller, too, and is now a normal human, rather than elfin, height. After all, Santa Claus should be the personification of health and happiness; he has an image to protect.

He is concerned enough about the environment to trim his clothes with fake fur, not ermine, and wear boots and belt of vinyl, not leather. And he acknowledges new modes of transportation; he is as likely to arrive in a car or helicopter as by sleigh. As chimneys become a rarity, Santa must resign himself to using the front door. Perhaps no one has told him about unions, because while the rest of the nation works fewer hours than w used to, Santa works more. He now b gins on Thanksgiving, and does not st until Christmas Day.

"An incorrigible dreamer"

Santa Claus has not even escaped th current trend toward psychoanalys Many psychologists, psychiatrists and s ciologists have made him a reluctant su ject. In 1965, Dr. George Serban of Be evue Hospital, New York, called San "an incorrigible dreamer who is a mena to mankind." Dr. Serban also accus Santa of having an unresolved Oedip complex.

In 1976, two graduate students in r ligion at Temple University in Phil delphia offered their analysis of San Claus in a research project. The two st dents described him as a peacemak cultural landmark and surrogate God fi ure. They also called him the "archetyp cal capitalist, controlling and distributi material products not made by his hand but rather made for him by, presumabl cheap labor."

All this attention is not likely to wa in the near future. A study of childre attitudes toward Santa Claus in 1896 was repeated in 1977, with surprising results. Children in the earlier survey were more likely to ascribe superhuman powers to Santa Claus than their 1977 counterpart but children today are more likely think the next generation should be e couraged to believe in Santa.

So the legend will be passed on. Th New World Santa Claus who recross the ocean to become part of Europe Christmas tradition may someday trav even further. Who knows but that th Santa Claus of the future may fly throu space in a rocket-powered sleigh, brin ing Christmas cheer, and presents for and a hearty "ho, ho, ho" to planets f and wide. En

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Gifts of Love

When you want to please a special person with an unusual gift, think about the presents you've treasured most—they were probably filled with thoughts of you. By Pam Hait

When I was a child, holidays came with all the trimmings. Christmas was a miracle of gifts, birthdays were national celebrations and anniversaries had more bang than a 21-gun salute.

This posed some problems during the earlier years of my marriage, since I thought anything less than floor-to-ceiling gifts was inadequate. It was easy to categorize presents, slipping into the syndrome that the more expensive the gift, the more emotion it represented.

But all that glitters *isn't* golden. There are many ways to show affection and all spell "love" just as clearly.

Surely the best present my husband ever gave me was a hot-air balloon ride. Better yet, he came along—a major feat since he is scared of heights.

Perhaps the best ways to show you care cost no money at all. Giving someone a day off to spend any way she chooses is a gift worth repeating.

Crazy or offbeat gifts can be fun, too. Friends of ours found their baby announcement looming over a Tucson street (the sender had rented a billboard). Classified ads are another favorite avenue, if you're sure your message will be read. And don't forget skywriting, that ephemeral standby.

Of course, there's a danger to off-the-wall presents. You can get so excited about your great imagination that you forget the recipient—sending something that may please you, but not him.

I learned this years ago when my father decided to surprise my mother with a family portrait. We had secret sittings, but the artist painted my Mom from old photos, seeing her only once when he posed as a refrigerator repairman. The portrait, best described as an immense, Victorian nightmare complete with white roses and purple drapes, showed most of my father (the top of his head was mysteriously sliced off), the three girls and a strange woman. My mother cried, my father felt awful and we all learned a lesson about giving.

If you're planning an unusual present, respect one rule. Always put yourself in the other person's place and *think*. When you want to please a special man, consider his secret ambitio Does he yearn to be a musician? G him piano lessons. Does he scrib secretly? Assemble some of his prose poetry into a bound volume.

Apply this same guide to choosin gift for anyone you care about. Inste of a traditional Christmas present fo friend, present her with a day of beau treatments—either professional or your own doing. Paste old pictures i a lovely antique album . . . take canc photos of her children playing . . . range for a fancy picnic.

One group of women arranged unique gift for a friend who was alwa putting herself out for others. Each p son wrote a letter telling the wom how much her friendship and gen osity meant. Then they put all the l ters in a carved wooden box and p sented the gift.

Another older woman came upon great way to please—and surprise—h husband of many years. He had alwa wanted her to learn to swim so th could take boat trips together. She to lessons secretly for months. Then, on H birthday, she threw an elegant poolsid party. When everyone was assemble she appeared on the diving board, do off and swam the length of the pool.

What do you do if you're on the r ceiving end of one of these creative ge tures? If you're not genuinely thrilled, least try to be understanding. While th giver may do his best, not everyone ca guess right consistently.

When your husband brings yo breakfast in bed with a rose, do you sa that you hate to eat in bed withou brushing your teeth, and fresh-cu flowers make you sneeze? Far better t sniff, tell him you're choked up by th sentiment and lie on crumbs in peace Or, if he selects an outfit that makes yo look like a cross between Mata Hari an Mae West, do you say so, or save it fo "special occasions" when you're alone?

Being a gracious receiver isn't alway easy, but then neither is giving. So, whe you slip off those satin sheets he bought remember as you pick yourself up at A.M., it's the gesture that counts. **En**

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GROWING UP WITHOUT SANTA

At Christmastime, many Jewish children feel their noses pressed up against a window of resplendent festivities—which they do not enjoy in their own homes. Here's how one prominent Jewish writer reconciled the pangs of Christmas, and came to love the miracle of Hanukkah. By Francine Klagsbrun

Willie Malloy had the most beautiful Christmas tree I had ever seen. Its rich green branches (plastic trees had not yet come into fashion in those early post-World War II years) glowed with colored balls and candy canes, and tiny angels bobbing at the ends of silken threads. Perhaps it was the strangeness of the tree, more than its beauty, that dazzled me, for I never had a Christmas tree; my family celebrated Hanukkah.

I didn't know Willie very well although he and I lived in the same five-story apartment building on a mellow, tree-shaded street in Brooklyn. He was Irish and I was Jewish, and while our parents had a cordial "hello-lovely-day-isn't-it" relationship, we lived our lives and the Malloys lived theirs.

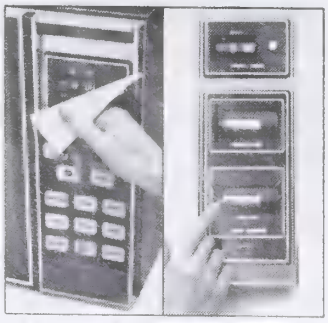
My life centered around my family and the small Hebrew day school I attended, where the study of Hebrew language and literature was intertwined with the usual academic subjects of math, English and history. Although not Orthodox, my parents felt a deep commitment to Jewish culture and traditions. We welcomed the Sabbath on Friday nights with candles and fresh-baked challah (the traditional Sabbath bread), with crisp white linen and sweet red wine. Passover was a n family affair with aunts and uncles cousins crowded round a huge table my grandparents' home.

And Hanukkah—well, it was like other time. All eight days of the fest made up winter vacation in my schoo cause for joy in itself. But there was more to it than that. There were the li candles that we lit every night, with brother and me joining in the blessi and songs. There were crisp, golden tato latkes, the traditional pancakes, t we ate dipped into homemade plesauce. And there was the shiny sil dollar I received every year. It was Hanukkah gelt, the special gift of mo whose origins go back to the extra port of charity that is traditionally given to poor at Hanukkah time. Each silver lar I received went into a small leat pouch that I kept hidden in my bur drawer, and as I added to my bounty counted the number of dollars I had, I a measure of my riches as it was a m sure of the passing years and how gro up I had become.

I was aware, of course, of the Chr mas decorations in the lobby of my bu ing, of the bright lights on neighborh homes, of the stores bursting with kinds of Christmas fare. Aware but un volved; my life was comfortably shelte within the warm embrace of my fam traditions. *(continu*

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- ½ cup buttermilk
- 4 eggs, lightly beaten
- ¼ teaspoon salt
- Dash pepper
- ¼ pound bacon, cooked and crumbled
- ¼ pound Swiss cheese, shredded (about 2 cups)
- 2 tablespoons sliced green onions
- 1 can (6 ounces) Lindsay large pitted, ripe olives, drained
- 1 pastry-lined 9-inch pie plate or quiche dish (unbaked)

Heat cream and buttermilk; whisk in eggs and seasonings. Stir in cheese, bacon, onions and Lindsay olives. Pour into pastry shell. Bake in 375° oven 30 to 35 minutes, until custard is set and golden. Garnish with chopped parsley, if desired. Makes 6 servings.



GROWING UP WITHOUT SAN
continued

Then one Christmas day, the Ma
invited us to their home. They woul
moving out of town soon, Mrs. M
explained, and they wanted to say g
bye. As I walked through the doo
their apartment, I entered a wonde
of color and fragrance, a fantas
wreaths and mistletoe and lighted
dles, and at its center stood that be
ful, jeweled tree. While my parents
ted and drank eggnog with the Mal
and my brother and Willie examined
array of toys "Santa brought," I wa
round and round the tree, absorbing
ery spark of color and light that sh
from it. In the midst of the noise
excitement, I was overcome with a s
of loneliness. "So this is what it's lik
have Christmas," I kept thinking. "Th
what most people have." I felt like
outsider. In spite of all I had, I ache
what I had not.

The Malloys moved shortly after
Christmas. I thought of them occas
ally, but I never discussed my feelin
that day with anyone. As my own
grew stronger and deeper, those feel
faded into memory.

Shortly after we married, my husb
and I moved away from the family
friends we had known all our lives.
entered a large, midwestern me
school and I began an editing career.
the first time in my life, I had no Je
friends; for the first time, we would c
brate our holidays alone.

At Christmastime that first year, s
of my office friends invited me to h
prepare for a Christmas party they w
planning. Patiently they taught me
shape cookie dough into Christmas t
and gingerbread men. They laug
when I confessed I hadn't the sligh
idea of how to hang an ornament,
alone make one. As the evening en
and they stood near the newly decor
tree singing carols, I suddenly felt ag
in sharper relief now, the pangs that
gripped me long ago at the Malloys'. I
cheated, left out. I was a child pres
my nose hard against a window, lool
into a glistening world I could see,
not be part of.

This time I gave into my feelings.
next day would mark the beginnin
Hanukkah, and I had preparations
make, but my heart wasn't in it. I
could those little lights of Hanukkah c
pare with the great blaze of Christ
that filled the streets?

At home, I began listlessly polish
the silver menorah, the Hanukkah l
my in-laws had given us as a wed
present. It was one of the few possess
they had managed to smuggle out
Belgium when they fled before the N
onslaught of World War II. I loved
menorah because it was a symbol of
husband's survival. As I (contin


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a beautiful
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2.
3.
4.
5.
6.
7.
8.
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GROWING UP WITHOUT SA

continued

looked at it now I began to see in it I had forgotten, its broader symb survival, the survival of a people a all odds over thousands of years.

The story of Hanukkah has been many times: A small band of Jew feated formidable forces who want wipe out their religion. When they to light the great candelabrum in temple, a miracle occurred: A cruse of oil, enough to last for onl day, burned for eight. From the Jews have commemorated that mira lighting Hanukkah lamps for eight At times, over the centuries, the have been mere flickers of flame, the dark recesses of a basement by ple forbidden to practice their re openly. The Hanukkah lamps were potatoes once, carved out to hold fat and scraps of thread, salvaged used as a candle by inmates in a centration camp. But the lights we burning. Through centuries of hard and persecutions, in ghettos and bi ies, in Israel and the United State Russia and Iran the lights burn, an miracle is renewed year after year.

I looked again at the little menor my hands. I was part of the survi symbolized, and it was up to me to petuate it. In an instant I was on phone, inviting my new friends Hanukkah party. "We call it our Fe of Lights," I told them.

Years have passed since those days of my marriage. My daughter S now 11, lights the Hanukkah candles us and sings in perfect Hebrew the old blessings. The single silver dol my youth has given way to Hanu presents for her—a reluctant conce to the commercialism of our times. together, she and I make crisp, g latkes and applesauce, and we spin wooden tops—dreidels, they're call painted with Hebrew letters that for the slogan, "A Great Miracle pened There." Every Hanukkah, my band and I give a big party for our f and friends, both Jewish and non-Jew

Every year, too, at Christmast Sarah and I push our way through crowds to gaze at the lavishly deco store windows. And we go to the seum, to admire its magnificent Cl mas tree hung with medieval ornam

"Do you ever miss Christmas?" her one day.

"It's so beautiful," she says. Then smiles. "But we have Hanukkah, that's special to us."

Francine Klagsbrun, an author, ed and lecturer, has written many book adults and young people. Her most cent work is Voices of Wisdom: Je Ideals and Ethics for Everyday Li *(Pantheon).*

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hink about this...



our toothbrush really does
nake a difference in your smile.

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nt differences. That's why dentists and
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ere's why...

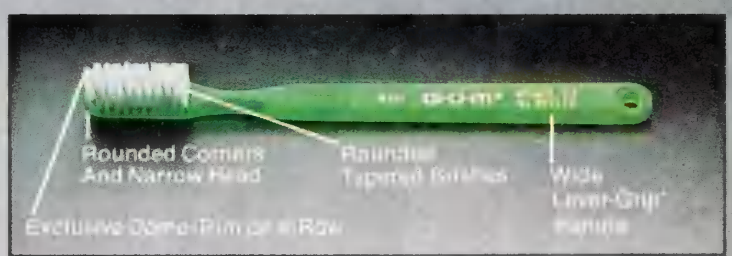
e Bristle Butler's *exclusive, tapered* rounded-end
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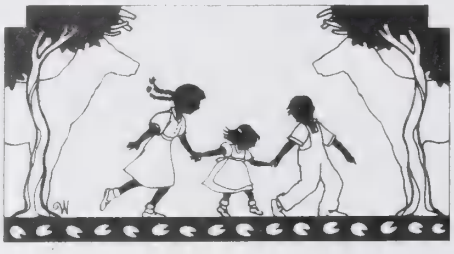
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CHRISTMAS TRADITIONS TO SHARE

The warmth of Christmas is made by tradition. If your family doesn't have a Christmas custom of its own, consider adopting one of these. By Katherine Barrett



Do you have Christmas traditions that evoke the past and keep your childhood memories alive? Most people treasure their traditions as they treasure their chipped and ancient ornaments. Each year, Grandpa reads from his Bible, Grandma makes her special fruitcake, the family has a tree-trimming party, the youngest child hangs the star.

Since Christmas is for sharing, we asked some families to share their traditions with you. If you don't have special customs, perhaps you'll find some here to add to your holiday celebrations.

About the most traditional custom is spending the holidays at home with one of the older members of the family, as President and Mrs. Carter do. They usually spend Christmas in Plains, Georgia, having a present-filled morning with Miss Lillian and turkey dinner at Rosalynn's mother's house.

Of course, Christmas festivities come in many shapes and sizes, and you don't really need a family to have a family affair. If you can't get home, you can build new traditions around friends, and make them the center of your holiday season.

Author Patricia Curtis began having an open house for Christmas close to 30 years ago. At first she invited a few of her single friends, but then the friends married and made more friends, and *no one* wanted to give up her fabulous party. Now 30 to 40 guests come each year, calling in November or even October to make sure that they can count on her Christmas.

If you want to hold a party to trim the tree, consider asking guests to bring ornaments instead of gifts. One family asks that ornaments be handmade. Another goes one step further, and has simple supplies available at its annual pre-tree-trimming-party party. Construction paper, blown eggs, buttons, sequins, fast-drying clay and cardboard enable each guest to make an ornament with a maximum of amusement and a minimum of fuss. The result—a one-of-a-kind tree.

Churches also have special decorating traditions. At Crescent Hill Baptist Church in Louisville, Kentucky, Christmas festivities always begin with the "hanging of the green" on the first Sunday of Advent. Every family helps decorate the large tree with Chrismons—all kinds of religious symbols that have been made by women of the church. "The people of the congregation decorate the sanctuary as a gift to each other," says Mrs. Grady Nutt, wife of the author and *Hee Haw* performer. "It's very family-oriented and helps to show children that Christmas is more than getting presents."

Others strive to communicate a similar message to children. One family in Nashville, Tennessee, holds a "birthday party for Jesus" on Christmas Eve. The custom began when the children were very small and confused about the true meaning of the holiday.

To help them understand, their mother would bake a big birthday cake for the family to share. Then, everyone would gather around and talk about the presents they could give to Jesus, and the ways they could improve themselves. The idea, explains the mother, was to "be a gift rather than give a gift," and though the children are now in their 20s, it continues to be an important part of their Christmas.

Families also work hard to preserve the magic of Christmas for their children. Often the simplest, and sometimes the wackiest, traditions are the most memorable. A 37-year-old banker recalls that when she was little, the first sign of Christmas came when her favorite dolls vanished from her room. Alarmed, she would rush to her mother, who would give a calm, reasonable explanation for the disappearance: "They just bolted out the door this morning, Nancy," she'd say. "Mumbled something about the beauty parlor, I think."

Sure enough, on Christmas Day all the missing dolls would be under the tree, sporting new hairdos or wigs, or pretty outfits. The future banker was awed.

In fact, she was so charmed with her own mother's whimsical approach to the holiday that she devised a new way to charm her daughter, Wendy. Each year the little girl wakes up to two Christmas celebrations: one in her mother's living room and the other in the doll house, where the tiny inhabitants gather around their own miniature tree and the little presents that have mysteriously appeared during the night.

Family traditions that center around Santa Claus are more common. But even these leave a lot of room for imagination. An Illinois woman remembers being amused as a child because of Santa's sloppy eating habits. If she and her brothers and sisters left walnuts for him, Santa was sure to get shells over the floor. If there were cookies, Santa would leave crumbs. "He always made an enormous mess. We thought it was very funny," she says.

Santa also left traces of his visit at a poor farm in Mississippi. There, the eight boys and girls in the family couldn't count on many presents, but they'd enjoy themselves anyway. Every year on Christmas morning, the children would have a hunt for reindeer tracks outside their small home. The strangest thing was that they'd often find them!

As children get older, they sometimes develop traditions of their own. A California couple was surprised one year to find that their 13-year-old twin sons had filled stockings for them during the night. A Long Island mother was pleased several years ago when her four teenagers announced that they would cook Christmas dinner. Since then, there has been a firm Christmas rule. Mother stays out of the kitchen, and all holiday meals are prepared in elaborate style by the children.

But the most important Christmas tradition in that house, as in many others, is togetherness. Christmas is a time for parents to be with children and children to be with parents, and everyone to be with the people they love. "The biggest tradition of all is that we're always together," says one college student from Iowa. "There are five children in my family and no one has missed a Christmas yet." **End**

Illustration by Rebecca Warrick

When your cargo is this precious.

Who takes the kids to the dentist...the dog to the vet...the Cub Scouts to the den meeting? You know who. In this household, you're the *real* driving force.

And because that's you behind the wheel—and your precious cargo beside you—Jeep makes the 4-wheel drive Wagoneer. To get you through your driving day with confidence and security—even when the rains are torrential... the streets unplowed...the ice treacherous.

But Jeep Wagoneer is more than just transportation for the toughest driving conditions. It's also luxury and riding comfort you'd marvel at in *any* station wagon. And with a full range of Wagoneer models to choose from, you'll find the price of owning one surprisingly affordable.



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* Figures ■■ for comparison. Your results may differ due to driving speed, weather conditions and trip length. Actual highway mileage will probably be less. California mileage will be different.

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The Toy Season

**It's time to start shopping for toys.
From the many new ones, here is a selection of the best,
made for us by Julie Maxey.**

Christmas is in the air. Children are tingling with excitement, awaiting the day filled with family, friends and—presents. Because this year's toys are challenging, educational and fantasy-filled, kids have a lot to look forward to this toy season.

Making his debut in the new electronic toy technology is an old favorite—Snoopy. The *Electronic Snoopy Playmate* sings songs, acts the part of a computer organ and plays a follow-the-leader game with young children.

Super Simon takes over where last year's Simon left off. The new memory game has eight rather than four color keys for two to four players to compete in 20 possible games.

For the sports-minded, *Live Action Football* is almost as good as the real thing. Three games-in-one (baseball, soccer and hockey) make *Playmaker* a special treat for young athletes.

For practice in verbal skills, the *Lexor Computer Word Game* gives young adults a run for their word knowledge. And for the super sophisticated, computer-age child, there is *MAC Mini Computer*. With MAC a child can play pre-programmed games (tic-tac-toe), create his or her own games, compose and record music, solve mathematical problems.

New board games for young children can be as whimsical as *Strawberry Shortcake Berries-to-Market*, or as educational as *Alphabet Soup*. The *Hot Planet Adventure Game* is a battle board featuring *The Empire Strikes* characters.

This season's playsets and models include entire play environments, plete with people and accessories.

Playville Farm Set comes with a fa ing family, a barn, barnyard access and animals, while the *Fabuland Cream Shoppe* includes play characte store front, ice cream cart and umbr The *A.J. Foyt Indy Builder Playset* h garage, parking tower, two race cars a start and finish line. The *Play Family & Camper* features: picnic table, g lawn chairs and fishing boat. The n intricately detailed playset, the *Po Rescue Super Deluxe Set*, has police, cue crew, police car, motorcycle, ho walkie-talkie radios, megaphones, ha cuffs and other accessories. The new *Wars* series-inspired playsets include *Hot Ice Planet Adventure Set* with a ha operated elevator, in which figures ba on the movie characters can do battle.

In the craft and construction set c gory, there are new offerings that amuse children of all ages. Among best are the *Crayola Drawing Desk*, *Press-a-Print Kit*, *Fuzzy Pumper Mons Shop* (a hair-and-whisker grooming and *Master Caster* for casting race car

For building toys, *Playtiles* include variety of different shaped tiles in pri ary colors that fit into a plastic pegbo on which a child can construct desi and figures. With *Bolt 'N Playlets* a ginning builder puts together big col ful, plastic nuts and bolts, blocks, gird and wheels to make a chair, table w bench or a car a child can actually u The classic *Erector* construction set ha new feature this year: a see-throu Powermatic motor, which allows you viewers to see how the battery driv motor works to activate their models.

New toy cars, trucks, machines a airplanes are also coming off the assem line. For younger children, the *Do Loader* is a combination tank and du truck. The loader comes with its own pl driver, but the child takes charge of m ing the truck along and operating t bucket dumper. *Fold-a-Copter* looks li a van until the player presses a butt that unfolds the van and presto—it tur into a helicopter, complete with a pilot.

Another set for open spaces is t *Horse Ranch Set*, equipped with a hor van, a pick-up that pulls the van pl accessories. For young race car enthus asts, the *Race Car Hauler Set* is off to t races with a car driver, mechanic, repa equipment and ramp. Motorcycles do t racing in the *Moto Cross Team* set, whi the even racier *TCR Electronic Sup Booster* has two race cars powered by booster housed in a see-through plast case. The *Hand Command Turbo Pr* plane has props that spin with realist sound, retractable rear landing *(continue*

It does the thinking.
It does the turning.
You get the compliments.
The Panasonic Genius II microwave oven.

"Takes the guesswork out of cooking." "Easy programming." "The best one around." "It has more features than the others." "I like its looks." "Large internal capacity." "Even if you forget to take the meat out of the freezer in the morning, the Genius II can take care of it."

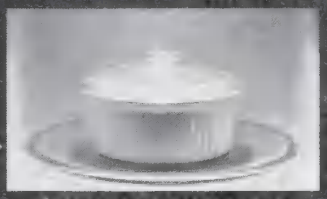
That's what the people who own a Genius II™ say about it. They say such nice things because their Genius II has so many nice things. Such as the Auto Sensor Control and the Cook-A-Round™ rotating turntable that make the Genius II incredibly fast and easy to use.



Auto Sensor Control. A few taps, and a miniature computer knows exactly how to cook whatever you're cooking.

The Auto Sensor Control is the brains of the Genius II. For example, put in a frozen roast. Then just tap the Auto Sensor Control four times. It automatically calculates the cooking time and knows exactly when to turn off. It defrosts the roast, cooks it to perfection and keeps it warm till dinnertime. With just four taps of your finger!

Once the Genius II is set, the Cook-A-Round turntable lets you walk right out of the kitchen until dinnertime. It rotates food constantly throughout the cooking process. So food cooks evenly, all by itself. For almost every dish, you don't even have to be there to turn or stir.



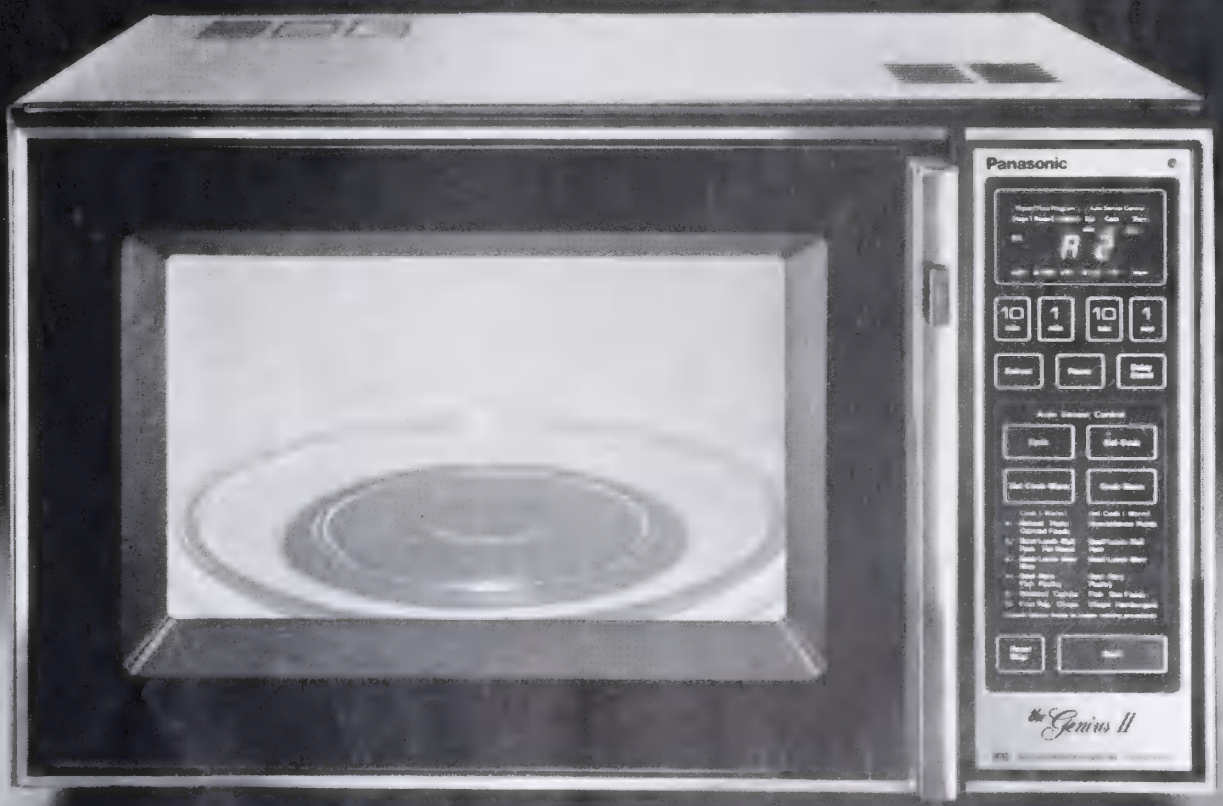
Cook-A-Round magnetic turntable. It turns food constantly while it's cooking. So you don't have to!

With the Genius II Auto Sensor Control and Cook-A-Round turntable both working for you, you're free to go shopping while the roast defrosts. Spend time with your family or guests while the casserole cooks. Or work late while dinner stays warm.

And for another dimension in cooking, see the new Panasonic Dimension 3,™ a countertop oven that's a microwave oven, a convection oven and a microwave/convection oven all in one.

The Genius II or the Dimension 3. Either one takes care of the cooking so you get the compliments.

Cabinetry is simulated wood.



Panasonic.
just slightly ahead of our time.

gear and space for the play pilot. Space-age fans will enjoy the *Alpha Probe* space ship, which rides into the future with electronic controls that emit blast-off sounds and flash emergency lights.

This year's dolls have a variety of new talents. *Baby Soft Sounds* coos when held, whines when she is put down. *Wipe Your Tears Doll* can cry and wipe away her own tears. *Karen and Her Magic Carriage* has other talents. She can wave, shake her rattle and fly a balloon. A new, high school-aged doll named *Starr* has a series of friends—Tracy, Kelley and boyfriend Shaun, all sold individually and decked out in the latest accessories.

For a different type of doll, there's the *Growling Hulk*, whose arms can be raised and lowered, causing him to growl. Another *un*lovable monster is the *Krusher*, who makes breath-like sounds when squeezed, can be mashed into a compact heap and then revived into its original shape. *Tauntaun*, a snow creature from the *Star Wars* contingent, can keep the rest of these neo-classic characters company.

Pre-schoolers can learn about their world with toy versions of everyday items. New editions include the *Live 'n Learn* assortments. The larger-than-life *Tape Measure* has a hand crank to wind up the tape. *Drawing Set* includes a ruler triangle and outsize, adjustable compass that holds a crayon to draw with. *Sew Easy* is a child-size sewing machine that really sews large-size, reusable yarn onto flat foam forms—without needles. The *Electronic Paramedic* features an electronic system for testing heartbeat and oxygen flow as well as flashing red lights and a siren. The paramedic accessories that plug into the electronic controls include an EKG arm band, stethoscope, brain scan instrument and oxygen mask.

For infants, colorful plastic *Kiddie Links* can first be used as teethers, then as links to fit together, sorted into colors and counted. *Terry Tub Pets*—a duck, turtle and fish—are pets that are both floating friends for bath time and a washing aid for parents. For more bath-time action, there is the *Bath Activity Center*.

Back on land, the electronic toy *Hippo Lot-O-Fun* entertains a baby by buzzing, playing musical tones, blinking or lighting up, depending on which dial or button or pole the child turns or pushes. **End**

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SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN

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Starts Friday, December 19 at a theatre near you!

Your Night to Star

Whether you're dancing off to a Christmas ball or New Year's Eve fête, this is your season to shine. Get dressed to the nines in sexy black or gorgeous face-framing fashions (see page 94) . . . and complete the magic with one of these dramatically beautiful hairstyles (for all lengths!). If you can splurge, go to a professional to capture the looks . . . or, if you're clever, try your hand a our instructions, page 154 . Here, three sensations—turn the page for more.

By Maureen Lynch, Health and Beauty Editor.



A gentle, high roll mingles old-world charm with up-to-date sophistication. Loosen a few strands for an endearing diversion.

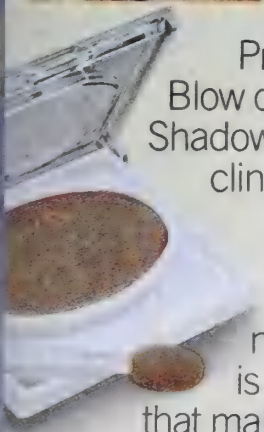
Dream maker—for medium to long hair, a French twist in back, wispy bangs and chic ponytail puffed to one side.

Soft sweep of curls—medium length hair caught back with a black ribbon gives a flirty new definition to the Alice-in-Wonderland look.

Fashions: at right, Oscar de la Renta; center, Giovanni Jo Mourra; far right, Kasper for Jean Leslie. Hair [illegible]: at right, Riviera; [illegible]: Red Lobster. [illegible] by H.J.L.

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THEY CLING ON THE APPLICATOR, AND ON YOUR EYES.



COLORS THAT CLING™ POWDER EYE SHADOWS

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Your Night to Shine

More ways to glitter and glow like a special star on gala party nights. For how- to's on this trio of holiday fantasy hairstyles, turn to page 154.



For those big evenings out, you may opt to wear your hair swept up, down in curls or dazzled with a decoration. Near right: Dress up short curls with sparkly combs paired at the temple. Center: Isn't it romantic? For longer, one-length hair, try a glorious wave that sweeps across the forehead in a rapturous flow. Far right: A show-stopper. A deepening cascade of Hollywood-style waves, dipping seductively over one eye.

Fashions: near right, Ron Leal; center, Tracy Mills; far right, Richilene. Earrings: near right, Cultured pearl Assn.; center, far right, RJL.

Photographed by Richard Bramante.
Hair [illegible] Trefino.

This year, don't let winter make you look older



So many elements of winter age you just as surely as extra birthdays. Chill winds that buffet your face. Sun streaming down on those wonderful clear days you ski or take a brisk walk in the park. Indoor heat . . . even the warmth you feel on your cheeks when you huddle near the fireplace on really cold days. Sudden changes of temperature as you go from home to car to stores. All of this can disturb your skin's delicate balance of vital fluids, making little lines and wrinkles far too noticeable. No wonder you look older than you should. Or could.

Before another cold winter day dawns, discover the secret shared by millions of younger-looking women in countries around the world, the secret of a mysterious beauty fluid which can help you look younger, too. This mysterious beauty fluid is known in the United States as Oil of Olay.®

You'll recognize that Oil of Olay is unique the very first time you experience the incredibly silky beauty fluid. The remarkable blend of tropical oil and precious emollients is similar to the natural fluids plentiful in younger skin . . . fluids that should be in proper balance if you're to look as young as possible. Oil of Olay penetrates deep into skin, instantly beginning to work hand-in-hand with nature to help replenish those vital fluids that the passing years and drying environment steal away each day.

Smooth the beauty fluid over your face and throat. Watch your winter-weary skin drink in the skin-cherishing blend. Feel the silken softness, the velvety smoothness as dryness is eased away without a trace of greasiness. You'll actually see radiance return, a fresh healthy-looking glow you may have thought was gone forever. Sooner than you'd believe possible, those telltale little wrinkle lines begin to fade from view.

The change you notice in your mirror is apparent to other people too, though they may not be certain just how you look different. But don't be surprised if someone says, "You look wonderful . . . been on vacation?" or if your husband gives you an extra-warm hug when he leaves for work in the morning.

Millions of younger-looking women around the world wouldn't let a single day go by without making Oil of Olay the heart of their beauty ritual. Join them. Gentle on the beauty fluid each morning to help maintain your skin's reservoir of essential fluids. Again every evening at bedtime, to let your skin sleep for hours in its own comfortably moist climate. And remember, with Oil of Olay there's no greasy look or feel . . . just a fresh and flattering glow. Any other time your skin feels dry or uncomfortably tight . . . when you come in from wintry weather or after a bath or shower, for instance . . . lavish on extra Oil of Olay to help maintain your skin's delicate balance of fluids.

You'll find Oil of Olay marvelous under makeup too. Cosmetics glide on over your newly smoothed face with ease, and remain fresher-looking longer. Like to give your skin a breather from makeup now and then? The beauty fluid all by itself imparts an appealing natural radiance, a healthy-looking lustre you may come to like even better than a made-up look.

Why let winter make you look older this year? Discover the secret of Oil of Olay and discover for yourself the pleasure of looking younger in the face of winter . . . this year and all the winters to come.



Beauty Secret

■ The combination of harsh winter weather and woolly scarves or close-fitting coat collars can roughen and dry your neck. Smooth on extra Oil of Olay® Beauty Lotion to silken, smooth and comfort when you take off your outdoor clothes.

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"My Most Romantic Christmas"

Miss Piggy, Erma Bombeck, Bo Derek and others share their Yuletide memories with a tear and a chuckle.
By Helen Weller and Kathy Larkin







MISS PIGGY

Being a single woman and a superstar, I of course have had many male friends, B.K. (Before Kermit). But being the lady that I am, I feel that affairs of the heart should be between oneself and the affairee.

Still, I *will* say, the most romantic person I ever spent Christmas with was my Kermie, in a cabin in the woods. Our meal consisted of, oh . . . champagne, caviar, pâté fois . . . the usual. (We didn't go Christmas caroling, because when a star of my stature goes caroling, a great deal is expected. I told Kermit I'd do it if he hired a ten-piece band to back me up. I told him they could hide in the bushes, but he said, "No.") I wore my pink angora sweater with a green and red plaid skirt and matching heels. Kermit wore his burgundy velvet dinner jacket. (He knows that drives me crazy.) The snow was falling outside, the fire was warm and we cuddled. What more could a pig ask?

Kermie denies that this ever happened—but you know frogs!

ERMA BOMBECK

The only romantic Christmas I had was in 1948. The man who's now my husband came to my house for Christmas Eve.

Well, we sat around and he lit up a cigar and—I swear to God this is true—I looked at the end of the cigar and saw my engagement ring was there. Very touching.

This is about as emotional as this man has ever gotten, and I shudder to think what would have happened if he had waited, because a year later he gave up cigars.

I've been married 31 years, and I never realized rings came in boxes. Would you imagine that a marriage could last so long after that?

At least, after awhile the cigar smoke smell went away.

BO DEREK

Last year, when the film *10* exploded on the world—and I along with it—my life with my husband, John Derek, became so frantic that our relationship was beginning to go haywire. No longer could we be alone. The paparazzi were everywhere. People screamed and grabbed at me, and John and I didn't seem to belong to each other anymore.

I don't know how long we could have taken it. We were looking for a way out, when, magically, Ursula Andress, who was once married to John and is still his close friend, called to invite us to spend Christmas at her family's farmhouse in Berne, Switzerland. We leaped at the offer. Leaving the madhouse behind, we flew to Switzerland.

When I saw the little farmhouse deep in the snow, with clouds of smoke coming out of the chimney, I gasped. I grew up in an industrial town near Los Angeles and had never seen anything like it except in a picture book.

Inside, the house was warm, filled with the wonderful smell of dinner cooking. People were all over the place: Ursula's sisters and her mother and grandmother and the children, all smiling and full of hugs.

Taking me by the hand, John showed me around outside. We trudged through the snow and walked through a thick pine forest. So quickly did the supercharged atmosphere of the past few months dissolve in that serene setting that John and I looked at each other with new eyes. I think that at that moment we loved each other more than ever.

After dinner, Ursula took John and me aside and told us she was going to have a baby by the man she loved. It was a secret, she said; no one outside the family knew.

Looking at Ursula's glowing face made John and me realize that this was the kind of happiness we wanted for ourselves someday soon.

(continued)

Photographs, left to right, by: Fotos International; Jim Britt, Pictorial Parade; Wide World.

Meet Jeffrey, ex-Hot Cereal Holdout.









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New bunk beds & girl



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"My Most Romantic Christmas"

continued

Romance is not always a physical expression between two people. There is romance in the warmth of a large, loving family—and it did something to us. Our lives had become too hectic to see each other as we really were—but that Christmas we experienced a reawakening and strengthening of our love.

SUSAN RICHARDSON

I was ten years old, a pudgy carrot-top, with a crush on Johnny Archeinken, a boy in my school. I thought I was ugly; he acted as if he didn't know I existed.

This particular Christmas I knew that the gift I'd get from my mother would be what my two sisters and I always got: one doll, which we had to share because there wasn't enough money for a doll apiece.

But on Christmas day the doorbell rang and there was Johnny, his round face beaming. My heart thumped. He held out his arms and handed me a package. "Merry Christmas," he said, and he began to squirm. It was a doll. A doll of my own, one I didn't have to share with my sisters. I was so excited that I rushed up to Johnny and kissed him. The first time I'd ever in my whole life kissed a boy. And he kissed me right back! It was like we were Annette Funicello and Frankie Avalon, my favorites. And I was in bliss.

As I grew older, I celebrated Christmas with various beaux and now with my husband, Michael. But never have I felt greater elation on Christmas than when I got my first kiss from Johnny Archeinken.

ABIGAIL (DEAR ABBY) VAN BUREN

My husband and I were staying at the Beverly Hills hotel for Christmas and we were leaving for San Francisco on an afternoon flight.

After brunch, walking past the jewelry store in the hotel lobby, I was struck by the most beautiful turquoise brooch in the window. "You're lucky it's Christmas day and the store is closed," I remarked to my husband, "because that brooch really does something to me."

About an hour and a half later, when we were in a limousine on the way to the airport, he pulled a little black box from his pocket. Somehow he had managed to buy the brooch. When I thought he was buying a newspaper he was actually phoning the store manager and persuading him to come in to open shop. It meant so much to me that he had found a way of getting it—just to please me. That brooch is still my favorite piece of jewelry.

My husband may be a man of few words, but his actions show romance.

CATHY LEE CROSBY

Two years ago, I took myself on a trip around the world. I went to remote islands in the South Pacific, to Australia, Japan, and all through Mexico. Then, in Istanbul, Turkey, I fell in love.

The man was half-French, half-American. There was an immediate attraction between us. I was going to Paris, he was going someplace else, but we looked at each other and decided to take off together for Israel—we wanted to spend Christmas together in the land where it all began.

We went to the Dead Sea, to Jerusalem and to Bethlehem, where Christ was born. To celebrate, we took a bottle of wine and went down the hills of Judea near Jerusalem, carrying a little portable radio with us. The sloping green hills looked dreamlike in the mist, and we were so full of joy that we danced.

All around us were sheep tended by Bedouins dressed in black. We broke bread with them and drank wine. We were surrounded by so much of the past, and yet we were so much in the present, that it gave our romance a special mystical quality.

This man and I are still very close and the memory of our Christmas in the hills of Judea is one I'll never forget.

MIKE DOUGLAS

Christmas of 1942 brought me a romance that has lasted all my life.

I was 18, working as a staff soloist in an Oklahoma City radio station. Fresh from Chicago, I didn't know a soul. Christmas was coming up, and luckily, one of the fellows from the radio station said, "Come on to our house for Christmas dinner."

When I arrived on Christmas Eve, I was met by most of his family. Then all of a sudden, this absolutely magnificent girl walked in. It sounds corny, but my heart just about stopped. She was the daughter of the family, Genevieve, 17, radiant and fresh-looking. I couldn't take my eyes off her. All through the meal we kept looking at each other. She was so special, so full of charm and laughter. I'd been a band singer in high school and had met a lot of girls but none of them ever struck me the way Genevieve did.

At dinner that night, we hardly spoke. Actually, I was so dumbstruck I was afraid of spoiling the magic by talking. I couldn't stop thinking about her, and yet felt hesitant about asking her for a date. Finally, one evening she came to the station to see her brother, and I found myself alone with her in one of the booths. My heart almost bursting, I blurted out, "Will you marry me?" And before I had a chance to explain my boldness, she replied, "Yes, Michael, I will." We had never dated, but she had fallen in love at first sight at that Christmas dinner, just as I had.

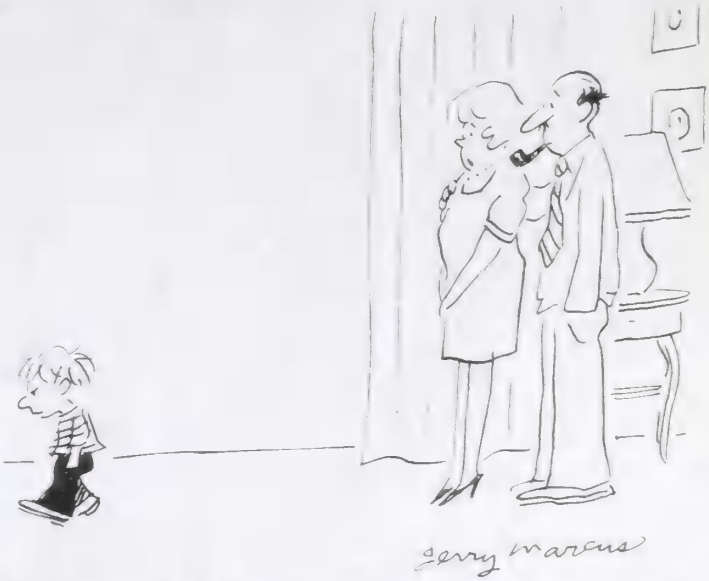
We've been married almost 38 years, and the romance which began so long ago at Christmas is still flourishing.

SUZANNE SOMERS

For sheer romance, nothing will ever come near the Christmas Alan (Alan Hamel, then my boyfriend, now my husband) and I spent on the tiny Caribbean island, Euthera.

The island was heavenly—so tiny you could almost see from one end to the other—all pink and white and beige and blue. Very soothing. Very carefree. We walked along the beach and found a Caribbean pine, which we dug up and brought into the house. That gave us our Christmas tree. We collected sea shells, which we tied to the tree as ornaments.

Christmas Eve, Alan and I sat on the front porch overlooking the white, sandy beach and the blue Caribbean waters. We listened to Christmas carols and expressed our love for each *(continued)*



"Do you suppose he'll ever reach the phase of not having any more phases to go through?"

My Most Romantic Christmas

continued

other. I'd never felt so at peace, so happy—and so in love with Alan. Alan obviously felt the same. He looked at me and said, "I have a feeling there will never be another Christmas like this one." And he was right.

The very next day we returned to Los Angeles, and I got the role in a new television series, called *Three's Company*, and our lives changed. I'm very happy about my success, but there never has been—perhaps never will be—a Christmas as calm, as romantic as that one under a deep blue Caribbean sky when our love was the only thing that mattered.

LINDA GRAY

At heart I'm a romanticist and I'd always associated romance with flowers and candlelight and wine and soft music. But one Christmas Eve I found true romance caught in a blustering snowstorm.

My husband, Ed Thrasher, and I were spending the holidays with friends in Aspen, Colorado. On Christmas Eve, our hostess had all of us put on cross-country skis and little miners' hats with lights; we were skiing to the little inn about a mile away, where we would have our Christmas dinner.

Being a Californian I'd never had a white Christmas and I was so excited at the idea of skiing along a glistening white surface with snow falling around us that I started drifting away from the others. To indulge me, Ed followed, and soon we were throwing snowballs, flopping in the snow, laughing and hugging, and foolin around like two kids. Suddenly we rea ized that we'd not only lost the other but had lost our way. We were all alone i a blurry white world—and enjoying it. was scary, I'll admit. But that was part the excitement, as we forged through th snow. We skied along, feeling very clos in an empty world. Eventually we sa the twinkling lights of the inn in th distance.

After dinner with our friends, we all sa around the fire singing Christmas carol But that little episode, when I was lost i the snow with my husband, belonge only to us.

LUCIE ARNAZ

I was not with the man I loved las Christmas, and yet, it was the most ro mantic of my life.



Larry Luckinbill and I had met and fallen in love last year and we were together constantly. Naturally I expected to be with him during the most sentimental of holidays. But Larry told me that before he'd met me, he had promised to take his two children by a previous marriage to spend Christmas with his mother in Chicago. I was doing a Broadway play and couldn't leave New York. I was heartsick. I'd finally met the man I loved and we wouldn't be together at Christmas.

I had visions of a bleak holiday—but it didn't turn out that way at all. On Christmas day something happened. I felt a glow, a closeness, a sense of peace. Thoughts of Larry filled my mind every minute. We phoned each other incessantly all through Christmas Eve, and all the next day. We told each other how much we missed and loved each other.

Though he wasn't there, knowing he was in my life was romantic in itself. I felt that wonderful feeling of expectancy, a bittersweet kind of pleasure, in the knowledge that he was there for me, that he belonged to me.

This Christmas, I will be far from alone. Larry and I are married now—and our baby will be born around Christmastime. Christmas 1980 I will be with the two people I love most in the world.

DEBORAH KERR

I was in Ft. Lauderdale, Florida, appearing in a play, while my husband, Peter Viertel, was home in Switzerland finishing a novel. I was afraid that for the first time in our nineteen years of marriage he wouldn't be able to be with me at Christmas. I felt lonely, anticipating a dull Christmas.

I sat in my hotel suite, homesick, when suddenly my husband made a surprise appearance. It was a warm Florida afternoon, unlike the cold, but cheery Christmas I was used to—and without our children and grandchildren around . . . well, we didn't even bother with a tree.

After dinner, Peter and I just sat in our little room, watching TV. On came a program featuring the Viennese Boys Choir and Orchestra playing Strauss waltzes. Without a word, Peter and I stood up and started waltzing. As we whirled in each other's arms, I felt flushed with the excitement of the dance and the feeling of love that existed between my husband and myself.

We'd always had a traditional Christmas with family and friends. This one was totally different and the most romantic I'd ever experienced. **End**

Make this mouth-watering cream pie with Baker's® German's® Sweet Chocolate and Cool Whip®

1.



Heat chocolate and 2 tablespoons of the milk over low heat, stirring until melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture, beat until smooth.

2.



Fold Cool Whip® Non-Dairy Whipped Topping into chocolate mixture and blend until smooth.

3.



Spoon mixture into crust. Freeze about 4 hours. Garnish with chocolate curls if desired.

The 10-Minute German Sweet Chocolate Cream Pie

1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate*
1/3 cup milk
2 tablespoons sugar (optional)
1 package (3 oz.) cream cheese, softened
1 container (8 oz.) BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping, thawed
1 packaged graham cracker crust

*Only Baker's® makes German's® Sweet Chocolate. Find it in the baking section of your supermarket.





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Old World Holiday Treats

Traditional Christmas treats from many lands is the theme of this month's community cookbook, with all recipes from *The Ethnic Epicure*, published by the Wauwatosa (Wisconsin) Junior Women's Club. Drawing on the rich pioneer heritage of the state, each of 14 ethnic groups is represented by a chapter in the book; we've chosen to represent seven of those groups for our holiday sampler.

Most unusual to us was a Finnish Twist, a coffee cake-like bread shaped into a huge pretzel, with the open spaces generously filled with an assortment of cookies—including Bohemian Crescents, German Lebkuchen, Swedish Ginger Cookies and (again from Finland) unusual Sour Cream Rings. All in all, a presentation worthy of a centerpiece by itself. On the same table we included Baba au Rhum, *(continued)*



Holiday treats above, front row, from left: Lebkuchen, Stollen, Norwegian Christmas Bread. Back, from left: Christmas Wassail, Baba au Rhum, Finnish Viipuri Twist, with cookie assortment. Left, women of the Wauwatosa group, from left: Treva Leupold, Nancy Meylor and Mary Wilkinson.

Photographs by Ken Regan/Camera 5



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Crescent Dinner Rolls

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Holiday Treats

continued

of Russian derivation, with currants and raisins in the dough. With this spread of sweets, we chose to serve a non-alcoholic Christmas Wassail from Norway made of cider, orange juice, lemon juice, honey and spices.

The cookbook contains over 225 recipes, including all recipe categories beyond our holiday sweets collection. Proceeds from book sales go to an ambitious and ongoing outdoor museum project in the state called Old World Wisconsin. Begun as a Bicentennial celebration, the project is gathering examples of original 19th-century buildings representing many of the immigrant settlement groups throughout the state. All buildings on the 500-acre site—log houses, barns, schools, churches—are carefully reassembled and authentically furnished and open to the public on a two-and-one-half mile walking tour.

Check coupon on this page to order your complete copy of *The Ethnic Epicure* and read on for sample recipes.

STOLLEN
pictured on page 52

¾ cup milk
½ cup sugar
1 teaspoon salt
¾ cup butter, divided
1 package active dry yeast
¼ cup warm water
2 eggs
5 cups all-purpose flour
1 cup seedless raisins
¼ cup chopped citron
¼ cup candied cherries, chopped
¼ cup blanched chopped almonds
1 tablespoon grated lemon peel
Red and green candied cherries, for garnish

In saucepan combine milk, sugar, salt and ½ cup butter. Heat until bubbles appear around edge of pan. Remove mixture from heat and allow it to cool to lukewarm (butter does not need to melt). In large mixer bowl, dissolve yeast in warm water. Pour in milk mixture; add eggs and beat at medium speed. Add 3 cups flour, mix until smooth. Add fruits, nuts and lemon peel. Stir in rest of flour a little at a time with spatula or fingers until dough is easy to handle. Turn out onto a floured board and knead for 5 to 8 minutes. Put dough in well-greased bowl and grease top. Cover with damp towel. Allow dough to rise in a warm place until it doubles in bulk, about 1 hour. Punch down, cover bowl again and allow dough to rise for 30 minutes.

Grease 2 large cookie sheets. Punch dough down and turn out onto a floured board. Knead the dough to distribute the bubbles. Divide in half. Shape each half into a 12x7-inch oval. Brush each with remaining ¼ cup butter, melted. Fold long side ⅔ across top (as for Parker House rolls). Place on cookie sheets and allow to rise for 1 hour.

Preheat oven to 375°F. Bake 30 to 35 minutes. Keep brushing with remaining melted butter throughout baking. Cool and frost with a confectioners' sugar frosting of your choice or sprinkle with confectioners' sugar. Garnish with red and green cherries. Makes 2 loaves, about 12 slices per loaf, about 225 calories per slice.

SPICED HONEY COOKIES
pictured on page 52

¾ cup honey
½ cup granulated sugar
¼ cup firmly packed brown sugar
2 eggs, beaten
2½ cups all-purpose flour
1¼ teaspoons cinnamon
1 teaspoon baking soda
¼ teaspoon cloves
⅛ teaspoon allspice
½ cup finely chopped citron
½ cup finely chopped lemon peel
¾ cup blanched almonds, chopped
Glaze
1 cup confectioners' sugar
3 tablespoons hot milk
¼ teaspoon vanilla extract
Candied cherries and citron, for garnish

Preheat oven to 350°F. Grease 15½x10½ x1-inch jelly-roll pan.

Bring honey to a boil and allow to cool; pour into large mixer bowl. Add sugars and mix until well blended. Add eggs and beat well. In small bowl combine flour, cinnamon, soda, cloves and allspice. Add dry ingredients, citron, lemon peel and almonds to honey mixture. Spread batter in pan. Bake 25 minutes.

For Glaze: Meanwhile, blend confectioners' sugar, hot milk and vanilla until smooth. Spread mixture over top of *warm* cookies. Cut into 1½x2½-inch bars while warm. Decorate with candied cherries and citron, if desired. Makes about 2 dozen, about 185 calories each.

NORWEGIAN CHRISTMAS BREAD
(Julekaka)
pictured on page 52

2 cups milk
1 cup sugar
½ cup butter or margarine
1 teaspoon salt
2 packages active dry yeast
¼ cup warm water
1 teaspoon ground cardamom
7 cups all-purpose flour
1 cup seedless dark raisins
½ cup chopped candied citron
½ cup candied red cherries, halved
½ cup candied green cherries, halved
1 egg, beaten (for glaze)

In medium saucepan heat milk, sugar, butter or margarine and salt until tiny bubbles form around edge of pan (butter or margarine does not need to melt). Pour into large mixer bowl. Cool mixture to lukewarm. Dissolve yeast in warm water and add to milk mixture. Add cardamom and 3 cups flour; beat well with mixer at medium speed, about 2 minutes, scraping sides of bowl. Stir in fruits and 3 cups flour or enough to make a stiff dough. Turn dough onto lightly floured surface and knead until stiff and elastic, about 10 minutes, adding more flour if needed. Place dough in greased bowl, turning to grease top. Cover and let rise in a warm place until doubled in bulk, about 1 hour.

Grease two 8-inch round cake pans. Punch dough down. Divide in half and form each into rounds. Place dough in pans. Cover and let rise until doubled in bulk, about 45 minutes.

Preheat oven to 350°F. Brush tops with beaten egg. Bake 45 minutes or until loaves sound hollow when tapped with fingers. Cool on wire rack. Makes 2 loaves, about 20 slices, about 345 calories per slice.

CHRISTMAS WASSAIL
pictured on page 52

2 quarts apple cider
4 cups orange juice
¾ cup clover honey
Juice of 2 lemons
4 sticks cinnamon (2 inches long)
2 tablespoons whole cloves
2 tablespoons whole allspice
¾ teaspoon grated nutmeg or mace

In Dutch oven or large saucepot combine all ingredients. Cook over medium heat until hot. Simmer for 10 minutes. Strain out spices. Makes 11 cups or 22 half-cup servings, about 95 calories each.

BABA AU RHUM (Rum-soaked Cake)
pictured on page 52

2 packages active dry yeast
⅓ cup sugar
1 cup lukewarm milk (110° to 115°)
1 teaspoon salt
4 cups sifted all-purpose flour
8 eggs, lightly beaten
¾ pound unsalted butter, softened
½ cup dried currants
¼ cup seedless raisins
Rum Syrup
2 cups sugar
1½ cups water
1 cup dark rum

Sprinkle yeast and ½ teaspoon sugar over ½ cup lukewarm milk. Let stand for 3 minutes, then stir to dissolve yeast. Set aside in a warm place for 5 to 8 minutes until doubled in volume. Combine remaining sugar with salt and flour. Make a well in center and pour *(continued)*

The Ethnic Epicure contains over 225 recipes on 200 pages. This hard-cover, spiral-bound book has a treasury of old world Wisconsin recipes. To order your copy, send $6.95 plus $1.00 for postage and handling to (Wisconsin residents add 4% sales tax):

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Holiday Treats

continued

in yeast mixture; blend in remaining milk and eggs. Beat until a soft dough is formed. Knead in bowl for 10 minutes. Cover with a towel. Allow dough to rise until doubled in bulk, about one hour. Punch down and knead in butter, a tablespoon at a time. Knead in currants and raisins.

Grease a 12-cup kugelhof mold or Bundt pan. Pat dough into mold. Cover mold with towel and set it aside until dough doubles in bulk, about 1 hour.

Preheat oven to 400°F. Bake 10 minutes. Reduce heat to 350°F. and bake 35 minutes longer. Allow to cool in mold 5 minutes. Run a knife around inside edge of mold and turn cake out into a deep serving dish. Slowly spoon the *warm* rum syrup (see below) over warm cake. Baste cake every 10 minutes with syrup that collects around cake. When all the syrup has been absorbed, the top of the cake may be sprinkled with confectioners' sugar or glazed with white icing, if desired. Makes 12 to 16 servings, 645 calories per 12, 485 calories per 16.

Rum Syrup: In saucepan combine sugar and water. Bring to boiling over high heat, stirring constantly. Boil 5 minutes, without stirring, until syrup is thick enough to coat a spoon lightly. Remove from heat; stir in rum.

FINNISH VIIPURI TWIST
pictured on page 52

Viipuri Twist is a coffee bread baked to resemble a huge pretzel. Its origin goes back to a 15th-century Finnish monastery. As large as a cookie sheet, it can be filled with a variety of cookies and gingerbread men.

1 package active dry yeast
¼ cup lukewarm water
¼ teaspoon salt
1 egg, well beaten
7 tablespoons sugar
¾ cup lukewarm milk (105° to 110°F.)
2 tablespoons butter or margarine, softened
½ teaspoon ground cardamom
¼ teaspoon nutmeg
3½ to 4 cups all-purpose flour
Boiling water

In large mixer bowl, sprinkle yeast over lukewarm water and stir until dissolved. Add salt, beaten egg, sugar, lukewarm milk and butter or margarine. Beat in cardamom and nutmeg. Add 2 cups flour and beat for 2 minutes, scraping bowl occasionally. With wooden spoon stir in 1½ to 1¾ cups flour or enough to make a stiff dough. Turn onto lightly floured surface and knead until smooth and elastic, about 8 to 10 minutes. Place dough in greased bowl and turn to grease all sides. Cover with towel and let rise in draft-free place until doubled in bulk, about 1 hour (when fingers pressed into dough leave a dent). Punch down and knead well. Shape into a 36-inch roll with the middle section ½ inch thicker than the ends. Grease and flour a large cookie sheet. Form roll into a pretzel shape and place on cookie sheet (see page 52). Brush roll with boiling water and allow it to rise for 1 hour in warm place or until doubled in bulk.

Preheat oven to 375°F. Brush it again with boiling water and bake 40 to 50 minutes or until deep brown. Remove from oven and brush again with boiling water. Cool on wire rack. To serve, fill with a variety of cookies, if desired. Makes 12 servings, about 215 calories each.

CRESCENTS
pictured on page 52

1 cup butter
1 cup plus 3 tablespoons shortening
1¼ cups sugar
2 egg yolks
Peel and juice of 1 lemon
Pinch salt
4 cups all-purpose flour
½ pound ground almonds

Preheat oven to 375°F. Grease 2 large cookie sheets, set aside. In large mixer bowl cream butter and shortening. Add sugar and beat until light and fluffy. Add egg yolks, lemon peel and juice, salt and flour. Add ground almonds and blend thoroughly. Roll dough into pencil-thick ropes and cut into 2½ to 3-inch pieces. Place on cookie sheet, shaping each into crescents. Bake 7 to 10 minutes until lightly browned. Makes about 12 dozen, about 70 calories each.

SWEDISH GINGER COOKIES
(Pepparkakor)
pictured on page 52

1 cup butter
1½ cups sugar
1 egg
2 tablespoons dark corn syrup
1½ tablespoons grated orange peel
1 tablespoon water
3¼ cups all-purpose flour
2 teaspoons baking soda
2 teaspoons cinnamon
½ teaspoon ground cloves
Frosting
1 cup confectioners' sugar
1 egg white

In large mixer bowl cream butter and sugar until light and fluffy. Add egg and beat until well mixed. Add corn syrup, orange peel and water and blend well. In medium bowl combine flour, soda and spices. Stir into creamed mixture just until mixed; chill.

Preheat oven to 375°F. On lightly floured surface, roll dough ⅛-inch thick. Sprinkle lightly with additional granulated sugar and press lightly with a rolling pin. Cut with a fancy 2½-inch cookie cutter. Bake 8 to 10 minutes on an ungreased cookie sheet. Cool on wire racks. Decorate cookies with frosting. Makes about 6 dozen, about 70 calories each.

Frosting: In small bowl beat confectioners' sugar and egg white until smooth. Spoon into pastry bag with plain tip and outline cookies.

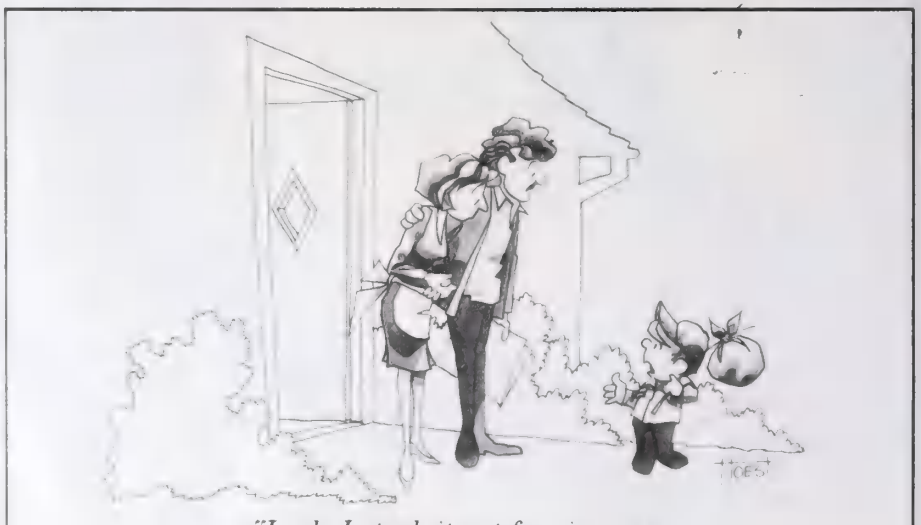
CRISP SOUR CREAM RINGS
(Mureat Hapankerma Rinkilat)
pictured on page 52

1 cup butter
1 cup sugar, plus enough for dipping finished cookies
½ cup sour cream
¼ teaspoon salt
1 teaspoon almond extract
3 cups all-purpose flour

In large mixer bowl cream butter. Gradually add 1 cup sugar beating until well blended. Add sour cream, salt, almond extract and flour. Wrap and chill dough at least 3 hours.

Preheat oven to 400°F. Grease 2 large cookie sheets; set aside. Divide dough and roll each into pencil-thick rolls and cut into 4-inch pieces. Form loops with ends slightly overlapping. Dip cookies into extra sugar, as needed. Bake 10 to 12 minutes. Makes about 8 dozen, about 45 calories each.

(continued)



"Look, I stuck it out for six years and it's just not working."

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Dear Pete,

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Dear Mrs. Wilcox,

Go and get yourself a box of Shake 'n Bake® Seasoned Coating Mix Barbecue Style. It turns your oven into a barbecue grill.

The whole family will think you made chicken outdoors, thanks to the tangy tomatoey sauce.

And they'll really go nuts if you fix it my special way—"Spice is Nice" Chili Chicken.

—Pete the Butcher

"SPICE IS NICE" CHILI CHICKEN

Moisten 2–½ pounds cut-up chicken with ¼ cup water mixed with ¼ teaspoon hot pepper sauce. Add 2 teaspoons chili powder to 1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Chicken Barbecue Style. Coat and bake as directed on package. Makes 4 servings.



Shake'n Bake Barbecue Style. Tastes like you barbecued outdoors.



© General Foods Corporation, 1980

Holiday Treats

continued

DANISH KRINGLER

Dough
- **¾ cup butter, softened**
- **1 package active dry yeast**
- **¼ cup warm water**
- **⅓ cup milk**
- **¼ cup sugar**
- **¼ teaspoon salt**
- **½ teaspoon lemon extract**
- **1 egg**
- **2¼ cups all-purpose flour**

Apricot Filling
- **2 cups dried apricots, chopped**
- **1½ cups water**
- **½ cup sugar**
- **1 tablespoon lemon juice**
- **2 teaspoons grated lemon peel**
- **½ teaspoon cinnamon**

1 egg white, slightly beaten

Dough: Divide butter in half. On waxed paper, spread each half into a 7-inch square. Chill.

In large mixer bowl, combine yeast and water. Heat milk until tiny bubbles form around edge; cool to lukewarm. Add to yeast mixture with sugar, salt, lemon extract and egg. Beat until well blended and sugar is dissolved. Gradually add flour and blend until smooth. On well-floured surface, roll dough to a 12x8-inch rectangle.

Invert one butter square to cover ⅔ of dough. Peel off waxed paper. Fold unbuttered ⅓ of dough over the center ⅓; then fold remaining ⅓ over the top. (You should have a 3-layer rectangle measuring 8x4 inches.)

Again, fold ⅓ over middle ⅓ and fold other ⅓ over doubled layer. (This makes a 9-layer rectangle measuring 4x2⅔ inches.) Wrap dough in waxed paper and chill 30 minutes.

Roll dough again to a 12x8 inch rectangle, add remaining butter square and fold as before. Chill dough several hours or overnight.

Apricot Filling: In saucepan combine apricots and water and heat to a boil. Cover pan and lower heat. Simmer until water is absorbed and apricots are tender. Remove pan from heat and stir in ½ cup sugar, lemon juice and peel and cinnamon. Cool.

Preheat oven to 350°F. Cut dough in half. Work with one piece at a time and roll each piece to make a 20x6-inch rectangle. Spread ⅔ cup apricot filling in center lengthwise on dough. Fold one lengthwise edge over filling. Moisten it with water and fold other edge over top to make dough 20-inches long and 2-inches wide. Put dough on greased baking sheet with sealed edge down to form a ring. Seal joining ends, brush top with egg white and sprinkle with additional sugar. Repeat with remaining dough. Bake 40 to 45 minutes or until golden brown. Makes 2, about 20 servings, about 185 calories each. **End**



PRESENTING THE HOLIDAY RECIPE THAT TAKES THE CAKE.

It combines the exotic almond flavor of Hiram Walker Amaretto, the natural sweetness and goodness of Sun-Maid® Raisins and the classic shape and texture of the famous Pillsbury Pound Cake Supreme Bundt* Cake Mix.

AMARETTO RAISIN BUNDT*CAKE

CAKE
1 pkg. Pillsbury Pound Cake Supreme Bundt* Cake Mix
1/2 cup dairy sour cream
1/4 cup margarine or butter, softened
1/2 cup water
1/3 cup Hiram Walker Amaretto
3 eggs
2 cups (1 lb.) candied fruit mixture
1 cup Sun-Maid Raisins
1 cup chopped nuts

SAUCE
1 1/2 cups sugar
4 tablespoons cornstarch
1 1/2 cups water
4 tablespoons margarine or butter
1/4 cup Hiram Walker Amaretto
2 tablespoons lemon juice
1/2 cup Sun-Maid Raisins

Heat oven to 325° F. Grease 12-cup Bundt† pan. In large bowl, combine two clear packets of cake mix and remaining cake ingredients except fruit, raisins and nuts. Blend until moistened; beat 2 minutes at medium speed. Fold in fruit, raisins and nuts. Pour into pan. Bake at 325° F. for 70 to 80 minutes until toothpick inserted in center comes out clean. COOL UPRIGHT in pan on rack 25 minutes; invert onto plate. Cool completely. Sprinkle or sift topping packet over top of cake.

To prepare sauce, mix sugar and cornstarch in saucepan. Gradually stir in water. Over medium heat stirring constantly, heat to boiling; boil 1 minute. Remove from heat; stir in margarine, amaretto, juice and raisins. Serve warm over cooled cake. 16 servings.

HIGH ALTITUDE - Above 3500 Feet: Bake at 325° F. for 55 to 60 minutes.



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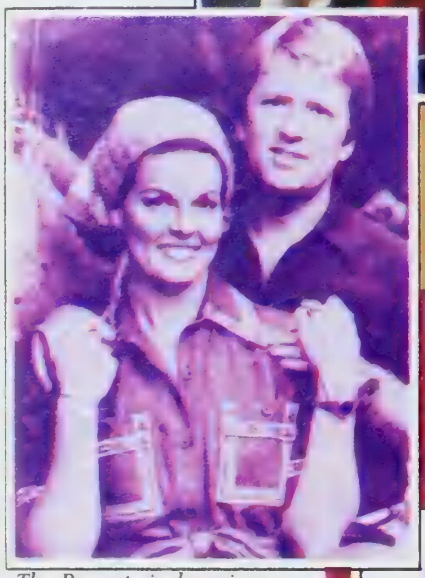


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The Bryants in happier times. Top: Anita and Bob and their four children share a bedtime prayer before the altar in their living room. Bottom: Anita and Bob relaxing together.

Anita Bryant's Startling Reversal

An embittered marriage, despair, pills and even near-suicide have changed the life of this controversial crusader. Today, after her surprising divorce, Anita Bryant says, "the answers don't seem so simple any more." By Cliff Jahr

Anita Bryant, the one time songstress, orange juice promoter and anti-gay crusader whose religion condemns divorce, look sad-faced, reclining on a sofa in her Florida villa, a villa that's up for sale. With her red eyes and hands that twist a handkerchief, it's hard to believe this is fiery Anita Bryant. In the firs interview since her divorce, she reveals a woman no one has seen before, one who now "can understand the anger of feminists," who despite her religion sees the necessity of divorce, and who can advise a policy toward gays of "live and let live."

Anita has long symbolized a model Christian, wife and mother. But her life seemed to shatter last August when she suddenly—angrily—divorced her husband-manager of 20 years, and split with him the custody of four children. America blinked. In an age of fallen heroes, there went another leader into the dust.

As a long, low sigh seems to come from her heart, Anita stares out patio doors at Biscayne Bay.

"I don't know," she says, "maybe turning forty also had something to do with the divorce. . . ." The thought amuses her a little and a tight smile flickers across her face.

She is sitting in the glassed-in breezeway of Villa Verde, her famou Miami Beach house on the bay. Everywhere about the villa one sees telltale signs of loss. The house, only two years ago, was a high-wallec fortress bristling with armed guards and a hair-trigger security system Today its front gate swings wide open in soft bay breezes, while the garden inside has been invaded by no more than a troop of children's bicycles.

The house's dark interior confronts you with a brooding that might have filled San Simeon in William Randolph Hearst's last days. But Villa Verde will become no museum. Of necessity it is up for *(continuec*

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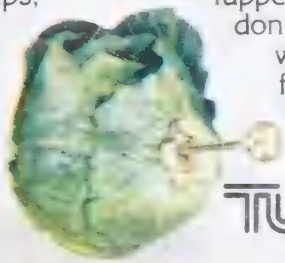
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Tupperware freshness! That's our promise—and we're always coming up with exciting, attractive ways to keep it. Like colorful containers for storing and serving chips and dips, beans and greens, cheese and teas, and other choice morsels. And just look at the very newest promise-keepers, our Get Togethers™ Servingware.

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Where America shops for Value

Anita Bryant

continued

sale with $1.2 million the asking price, though Anita admits she'd be happy with $900,000. Most of that will be eaten up by debts and a double mortgage. When all her financial affairs are settled, she'll be left with less than $100,000.

"My mother was the first divorce in our family," she continues, "and it made her a kind of outcast. I never dreamed what I feared most could happen to me. But divorce is a part of life, you know, and we are all imperfect." The smile flickers on again. "You know, I've always thought of myself as unsinkable Molly Brown . . ."

For a woman whose marriage, family and career have just fallen apart, Anita seems in reasonably good spirits. And if the tears and rage and sleepless nights are not quite behind her, at least her talent to survive is back in place, finding ways to pick up the pieces and go on. As she talks during the next several days, she is the picture of a woman changed by adversity. Clearly she is back from a trip to hell that started four years ago.

It began during the spring of 1977, when, as all the world knows, she spearheaded a drive to repeal gay rights provisions in the laws of Florida's Dade County, and her side won.

Suddenly caught up in an international controversy, she became a kind of lightning rod for pent-up emotions about gays, both pro and con. As requests for her to sing rapidly fell to zero, she and her husband set up two nonprofit foundations: One was called "Anita Bryant Ministries" (ABM), the other, "Protect America's Children" (PAC); both were dedicated to fighting gay rights. For starters, some 400,000 people contributed more than $2 million in the first ten months.

Anita's 17-year marriage to manager Bob Green had long been fragile but now it cracked under the pressure. Her divorce suit, filed last May, made the front pages. No one quite knew what had happened, and Anita wasn't telling.

It was many things

"Oh, it was so many things," she says wearily. "Where do I start? The fact of being the mother of four children, a wife and the major breadwinner; then getting the national attention, starting the ministries, coping with my inner insecurities and hypocritical fellow Christians; then most important, I guess, believing I was not loved for myself but only for what I could give and do. If there's not real love in your personal life, everything else has to crumble."

Anita is more attractive than in her news photos or commercials. Somehow cameras don't capture her dark, angular beauty, fine high cheekbones, eyes black and shiny as anthracite coal, or her beauty-queen curves. Wearing a silk blouse, sling-back pumps and dark tomato-colored slacks that bring out her red hair, she can't be much less attractive than when she won second runner-up in the 1959 Miss America Pageant.

Upstairs, in the 33-room mansion, women are busy packing her gold records, every stage dress she ever wore, a plastic orange tree and all the cherished debris of four decades. Her furniture will be shipped in a matter of days to the eight-room ranch house she's rented in Tulsa, near her mother. (In September, she and three of her four children resettled in Oklahoma "where the support of my family should be healing.")

Stripped of income from her ministry fees, singing engagements and $100,000 orange juice contract, Anita will return to basics in Tulsa. The housekeeper and three secretaries will be gone, and the singer expects to be "scrubbing my own floors" and rising at 5:30 A.M. to get the kids off to school. "The ministries were going to pay me money," she notes, "for TV specials, radio and for using my name to bring in all those millions of dollars—that's only right—but then my means of making a living were totally cut off."

Instead, Anita will support herself by the few secular bookings that still trickle in and a possible radio *(continued)*

A sausage and olive pizza salad That's using your head.



Toss in that crisp, crunchy California Iceberg Lettuce. Those big, beautiful California Ripe Olives. And a few other good things.

You've got the good taste of pizza. And the goodness of a salad. Buon Appetito!

- ½ lb. bulk sausage or Italian link sausages
- 1 head California Iceberg Lettuce
- 1½ C California Ripe Olives
- 1 C jack cheese strips
- 1 C cherry tomatoes, halved
- 1½ C garlic flavored croutons
- oregano vinaigrette dressing

Crumble sausage and saute over high heat until browned. Drain. Tear lettuce into salad bowl. Top with sausage, olives, cheese, tomatoes and croutons.

Drizzle with dressing. Toss.

OREGANO VINAIGRETTE DRESSING:
Mix together ½ C salad oil, 6 T vinegar, 2 T sugar, oregano and ½ t garlic salt until blended. Serves



CALIFORNIA ICEBERG LETTUCE COMMISSION

California Olive Industry

RICH,

This stack of pancakes is topped with the leading brand of syrup.



Anita Bryant

continued

how—hardly enough to sustain her style of living. "If I could etire right now," she says, "I would—I really would. But our nances are a mess. I may have to take out a loan to pay some axes."

Anita's fundamentalist religion interprets the Bible literally nd condemns divorce as an unforgivable sin. A wife is directed o be obedient. "When I was growing up in the Bible belt," he explains, "the kind of sermon I always heard was—*wife ubmit to your husband even if he's wrong*." She laughs, then a hought clouds her smile. "A male chauvinist attitude, you see. wanted to be submissive to Bob, but at the same time I often elt he was wrong. It was unhealthy. He should not have had ertain responsibilities at ABM. You can't make somebody into omething they are not. Yes, I was pretty bossy, but in the last ew years I really wanted not to be. Then I got into trouble ecause I didn't take the bull by the horns in areas of the inistries as I should have.

"I cannot change the fact that divorce is wrong," she con-inues. "It's never right. But we are all human, we are all part f a fallen world. The church needs to wake up and find some vay to cope with divorce and women's problems that are based n biblical principles. I believe in the long run God will indicate me. I've about given up on the fundamentalists, who ave become so legalistic and letter-bound to the Bible."

Anita was born March 25, 1940, in Barnsdall, Oklahoma. Her arents divorced when she was two, remarried and split again. s a young child, she soon began winning talent contests with er singing. By age 12, she had her own weekly 15-minute elevision show and, when she was 19, her recording of "Till here Was You" sold a million copies. That year, while attending a record industry convention in Miami Beach, Anita met Bob Green, a popular local disc jockey. She was engaged to the brother of Pat Boone at the time, but Green's blond handsomeness captivated her. "I thought nobody *that* good looking could be nice." A lukewarm Lutheran, Bob was "born again" on the night before their wedding.

From the beginning, the relationship was stormy. "We were married for the wrong reasons," she explains. "Physical attraction was Bob's overriding virtue. He looked like Robert Redford and he was the first man I ever slept with. I was lonely and needy, very naive and unhappy, which clouded my ability to look at what you should look at in a man. I had such doubts about getting married and I was depressed all through the honeymoon. Our problems never ended after that. It was obvious to anyone around us by the way we cut up each other verbally and embarrassed each other in public."

Even so, the rocky marriage was far from obvious to Anita's audience. Her 1970 autobiography, *Mine Eyes Have Seen the Glory* (the first of seven books), sold a million copies with its chatty details of the Greens' home life, as they related to fundamentalist teachings. She doesn't feel the books were dishonest or hypocritical. It was only that she wanted to have a happy marriage "so badly that I'd only share the good parts. I wrote of Bob in a more presentable light because I thought I was the one with problems. Besides, managers don't really like you to go outside your image."

The disparity between her image and her disturbed private life was evidenced when, in 1973, she both sang at Lyndon Johnson's funeral and quietly checked into a Christian psychiatric clinic in Southern California. ("It helped a little, they put handles on things.") But from that time on, Anita would see a series of psychiatrists and marriage counselors, none of whom were quite the answer.

Meanwhile, her career flourished and in 1976 her income topped $700,000. "Bob took every booking

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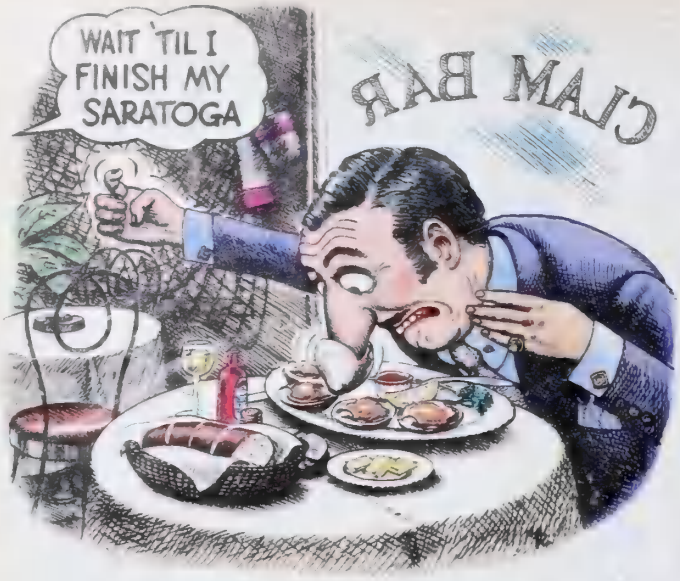
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Anita Bryant

continued

that came along," she moans. "It just about wiped me out. was the Bicentennial and he said there'd never be a better ye for John Wayne, Kate Smith or Anita Bryant." That wint Dade County tipped her shaky marriage and booming care into a nosedive. Secular bookings disappeared and the Gree began feeling the effects of Anita's commitment in their pocke book. Meanwhile, the marriage was sinking fast. "We h talked about divorce on and off for twenty years, but we foug so much now that when I went on bookings I would just ta an assistant with me and Bob didn't even run the lights.

"Bob was jealous of every man we met. He'd say things lik 'You just looked at that man and lit up like a Christmas tree. was always so embarrassed. I felt like a caged anim smothered, stymied and I saw that he was miserable, too."

Within a year, while Anita's every pronouncement on hom sexuals made the papers, while she was hailed from pulpits "a righteous standard of the nation" or laughed at in stre parades, while she and Bob continued to smile for pre conferences as a model happy couple, Anita's heart was aching

"Someone can say he loves you," she says, "but when h treatment of you is diabolical, when you are used and abuse how can you believe that? Underneath Bob had a hate, contempt for me. Who can withstand constant rejection—n respect, no trust, no affection, no love life, no recognition as worthwhile human being? Something's got to give."

What gave was Anita's health. Though it was kept from h public, she began to have severe tension headach che pains and difficulty swallowing food. Arthritis flare-ups mad her neck stiff. One night both legs and one side suddenly wen into violent uncontrolled spasms that shook the bed ar awakened Bob, who demanded, "What's that?" Anita replie helplessly, "I can't stop shaking." When the shakes continue the next day, a doctor prescribed total rest and Anita went t to spend two weeks at a friend's secluded cabin. "The doct said it was all those things building up," says Anita. "The ange the frustration, the years of no communication. And whe you're out there doing a lot of personal appearances to kee from going bankrupt, that's a lot of pressure. Women weren made to take that."

Finally in the summer of 1978, on a tour of the Holy Lan she collapsed and was hospitalized for a mysterious 24-hou neck-down paralysis. Friends became convinced she was ha ing a nervous breakdown.

Hitting the bottom

Where two years before she had kicked a Valium habit, sh now became dependent on sleeping pills. To make matte worse, she took them in dangerous combination with wine knowing full well they could mix into a deadly cocktail. "Su cide?" muses Anita slowly. "Yes, when I hit bottom enough wanted to. I remember one time after a close call, fro combining pills and wine, I got very upset and poured the pil down the toilet. The next night I hit bottom so fast, if I had ha those sleeping pills I would have swallowed them."

Anita pauses, glancing out at the pool where her children ar playing. "What happened with Bob and me was role reversa and that bruises the male ego. I was the major breadwinner. had been so aggressive and ambitious with the drive of mo men. And Bob actually made a better mother than I did. It cruel to say because he was my manager and you can't do alone, but you know, I think he saw me as a meal ticket.

"God had the sense of humor," she continues, "to raise m up to a leadership role when there were no men who had th courage. Like Deborah in the Bible whom God chose in period of spiritual depravity when male leaders weren't wha they should be. Deborah was a judge, a prophetess an interestingly . . . a singer."

Anita lets that sink in, then goes on to plain that her church has not addressed elf to women's problems. "Fundamenists have their head in the sand. The urch is sick right now and I have to say n even part of that sickness. I often ve had to stay in pastors' homes and eir wives talk to me. Some pastors are hard-nosed about submission and insitive to their wives' needs that they n't recognize the frustration—even itred—within their own households. me of them are going to be shocked to ind up in my boat."

When Anita finally asked Bob for a rmal separation last January, he refused. He said, 'If you want to leave, you can ave.'" she says. "What I did not realize as that he had a plan to stop me."

Anita believes Bob Green sought to un control over her by conspiring with hers to discredit her publicly. By this me, the Greens' marital problems were ngled with the operation of their grow- g foundations. Ambitious mail-campaigns had brought in million-dollar surluses, and their fundamentalist marriage ounselor, F. Larry Coy, was beginning to ke a role in their business as well as ersonal lives—completing what Anita alls a "devil's triangle" that triggered a satanically self-righteous conspiracy" to se her. "I soon realized that he was in he driver's seat at the ministries, in conol of two people's lives and millions of ollars," she says. "I tried to fire him, but did no good."

Consistent with fundamentalist teachng, the marriage counselor-turned-executive was counseling Anita to submit to er husband's will. But she was also faced ith a nagging suspicion that both men ere more concerned about the future of he foundations than her marriage. Anita as shocked when she learned that "Bob as taping my phone calls for Coy. I said, Bob, forget ABM, forget PAC, forget everything else. What happens if it comes own to just you and me? What then?' He never had an answer because the nswer was that all those other things had rown more important than I was."

Climax reached

The matter came to a climax when a pecial board of directors meeting was eld at ABM's Florida offices on May 16.

"The night before," recalls Anita, "Bob nd I had a big fight. I phoned Larry Coy nd begged him to get Bob out of the ouse. Our relationship was so bad, I said, t was an out-and-out lie. I assured him I did not want to go public—I'd keep it quiet—but I would get a court order to evict him or a divorce if I had to, otherwise was going to wind up with a heart attack."

At the next morning's special directors meeting, Anita was formally confronted with charges. "It was a setup," she insists, clenching her fists. "It was amazing the lies they accused me of, like a bunch of self-righteous Pharisees. They had already judged me. Bob made copies of letters written to me privately and they were read to the board. There was a threat that if I did not submit to my husband they would have me 'excommunicated.' Larry Coy even repeated my phone call saying, 'Anita told me last night she was going to get a divorce—openly. Now, Anita, do you have scriptural grounds for divorce?'" (To some fundamentalists this means desertion or adultery.)

Anita continues, a hurt but defiant tone coming into her voice, "I told them its nobody's business. I'm not going to do to Bob what he's doing to me."

The bitter meeting came to an end with exhortations for Anita to "please repent" and "renounce her wicked intents" or she would be disciplined. (Noting that "her response was to scoff," a Canadian pastor, who had flown in for the meeting, later exclaimed to the press that he doubted Anita had "ever met the Lord.")

Shocked and humiliated, Anita slowly rose to her feet and gave her husband a long, hard look. "I knew then the depths of his contempt and vengeance," she recalls. "So I said to them, 'Good luck with the *Bob Green Ministries*' and walked out the door.

"I wanted to run," she exclaims, "just pick up my kids, take off and do you-know-what to everybody. They thought they could get me under their thumb, that I had such a responsibility to my 'righteous-leader' image, they thought that I would stay in that marriage. Well, I just couldn't hack it." *(continued)*

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Anita Bryant

continued

Anita's eyes slowly fill with tears. "It's just very devastating," she whispers. "Bob had said that—" she stops and gives a long, tiny sigh of resignation—"that I was unfaithful. And other things. There were lots of other things."

Did Bob have someone in mind with whom she was unfaithful? "Bob always had someone in mind," she answers miserably. "Just about everybody, I guess. He thinks he had good reason to be jealous, but I don't. When some people feel a total inadequacy in themselves, they feel threatened and jealous."

Anita dabs her eyes and looks out across Biscayne Bay. She seems to be wrestling with something. "You know," she continues, "I want to be honest with you. Um . . . I can't say that I'm totally innocent. I guess when there's a real void in your life and your marriage has become rotten, you fantasize a lot of things. I can't pretend to be lily-white. That was part of it, too." Anita has more to say on the subject, but not while the tape recorder is running.

"Well," she concludes, squaring her shoulders, "I did the one thing they didn't expect me to do. Next day I went to my lawyer and signed that divorce paper."

Despite her painstaking plan to break the divorce to the children gently, they learned of the split while watching the *Today Show* newscast. It was the end of a period that had been very difficult for them. "Too much was coming at them too soon," says Anita. "The kids had seen us argue for years. The home atmosphere was devastating, but when Bob made sure the kids took sides against me, that was a low blow. I saw their attitudes change—a lack of respect, not obeying, and when I saw they were being used by Bob in that way, I knew I had to do something drastic."

As the divorce became final, her 16-year-old daughter and the twins, aged 11, remained with Anita while 17-year-old Bobby chose to stay with his father. The division of children has brought the Greens (co-founders of "Protect America's Children") under considerable fire from their detractors and fellow Christians alike. "I feel grieved leaving Bobby behind," sighs Anita. "I've been accused of abandoning him. He believes I'm out of the will of God and I understand. I feel sympathy for him, and yet I don't. I resent the fact that courts have taken away a mother's right to keep her children together. Maybe some day I'll try to do something about that."

When contacted, Bob Green deliberated with himself at some length, then decided not to comment. He has returned from the presidency of ABM and while Villa Verde is being shown by real estate agents, stays there with his older son. Bob still prays tearfully for reconciliation with Anita, and due to his religious beliefs, does not recognize the divorce. He still wears his wedding ring. Intimates describe him as a "broken" man. "No, I'm not doing well," he said to a friend. "I am grieving. Maybe this thing has made me change a whole lot. What the heck do I do now?"

The last four years have changed Anita's mind somewhat about two main issues—gay rights and feminism. "The answers don't seem quite so simple now," she sighs, running fingers through her hair. "I guess I can better understand the gays' and the feminists' anger and frustration. As for the gays, the church needs to be more loving, unconditionally, and willing to see these people as human beings, to minister to them and try to understand. If I had it to do over, I'd do it again, but not in the same way."

In some ways, Anita believes that she was naive in the way she handled her crusade, and that some co-workers used her. "I could see that a lot of people got involved in the crusade who had a personal vendetta about gays. They harbored hatreds. They were as wrong as the gay extremists were and they're going to hate Anita Bryant now for saying that."

Pained by previous statements

She also is pained to confront some of the statements she made in the heat of the Dade County battles. In an earlier magazine interview, for instance, she was quoted as saying that she favored 20 years in jail for gays—a statement that she can't remember making. Now, she feels unqualified to comment on the law and is "not apt to give a simplistic answer. I'm more inclined to say live and let live, just don't flaunt it or try to legalize it."

Would she be inclined to fight a Dade County-type referendum in Tulsa? "I don't know," she says carefully. "I have mixed emotions. I cannot be a part of the crowd who goes from cause to cause. What's done is done, and I'm not the same. I've served my time in the front lines. From now on I just want to love my children, maybe in time love another man and live a quiet, retiring life. You won't believe this but I am really a very private person."

Anita's new status as a "divorced single head-of-household" has affected her feelings about feminism. "There are some valid reasons why militant feminists are doing what they're doing," she says. "Having experienced a form of male chauvinism among Christians that was devastating, I can see how women are controlled in a very ungodly, un-Christ-like way. I could not even have women on the ABM or PAC board of directors. The problem is that most men are insensitive to women's needs. We have been so conditioned and taught. For example, I can go in and get credit because of m name and income, but what about th average woman? Widows and divorcé can't join most country clubs. Isn't th discriminating? What's a woman to do?"

Ironically, she is receiving offers of a sistance from an unlikely quarter. Kare DeCrow, a former president of the N tional Organization for Women (NOW) urging her to file a job discrimination su based on the loss of her orange juic contract.

Whether or not Anita will heed suc advice is uncertain, for she still stops f short of being a feminist herself. Ani may sympathize with the goals of ER but she can't support it. "I would be fo any legislation that helps the status women," she says, "but not for a feder law that's so open-ended it could be inte preted by the courts in ways that woul take away protection for women who a content as wives and mothers. Ther needs to be a happy medium."

Anita looks at her watch. It has been long morning and there's packing to a tend to. "It's strange to have been on th extreme sides of both." She breaks o and giggles. "Maybe God wants me to g somewhere down the middle. I'm n sure where. Anyway, I know now ther are no easy answers. I'm learning ever day, growing and changing, and there ar so many important issues that I just wan to do *everything*." She stands up an smiles. "As a friend of mine said to me 'Anita, you're like a mosquito in a nudis camp. You know what to do but you don know where to begin.'"

Soon Anita would be phoning to sa she was feeling a whole lot better. Sh was looking forward to celebrating Chris mas in Tulsa with all four children an her mother who lives nearby. "The cance is out," she sighs, managing to soun carefree. "Of course, I know I'm going t hurt some more until the healing ha time to work. But anyway, God loves m now right where I am."

It's been a long hard road gettin there, but clearly Anita's faith in God ha carried her through. **En**

LINES WITH THE EVENING PAPER

By Gladys McKee Iker

You're underneath my eyelids.
Printed in my head.
In the words of all I say.
With every beauty wed.
You're shine of sun at morning
And in and out all day.
Punctuating scraps of tunes
As light and shadows play.
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Wraps the sky with grace
And you come home to read my love
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Riding Horse

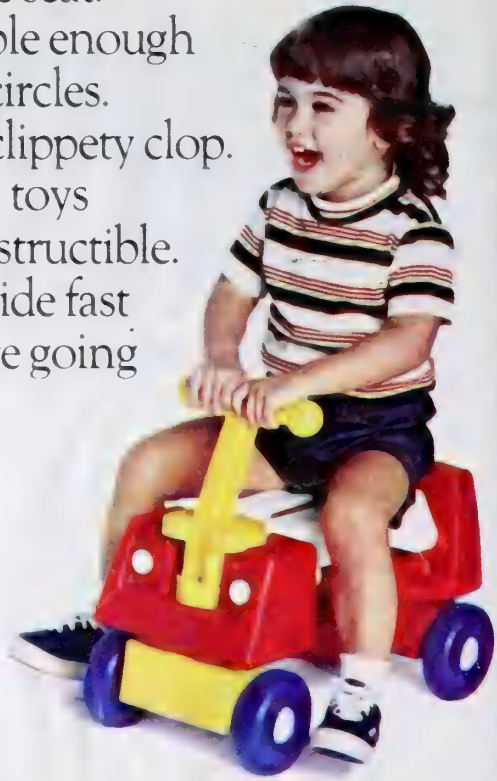
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Of course our riding toys are made to be almost indestructible. Because they're going to ride fast and hard and long. They're going to ride like the wind.



Explorer



Riding Wagon

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By Geraldine Carro

Why Rewarding Children for Good Work May Not Pay Off

How do you motivate a child who's reluctant to practice the piano or apply himself to his reading? Will the promise of a reward perhaps do the trick? Parents should resort to payoffs sparingly, warns psychologist John Condry. The carrot-and-stick approach may work with donkeys, but it sometimes backfires with children. It is also, he feels, the lazy man's—or woman's—way to spark a youngster's enthusiasm.

An occasional reward may spur accomplishment. But when the carrot is held out too often, performance, and certainly enthusiasm, may suffer. Dr. Condry, a professor in the Family and Human Relations Department of Cornell University, reports on a telling study: To find out more about how systematic rewards affect children's behavior, researchers gave nursery schoolers colored markers and paper and asked them to draw pictures. They promised a third of the youngsters gold stars and certificates of merit for good work. This group produced more drawings than the rest of the class. It immediately became apparent to the testers, however, that their drawings were less creative, less complex and less inspired than those of the other youngsters. They had become more interested in the reward, it seemed, than in the work itself.

For further insights into how rewards work, the researchers surprised some of the other youngsters with stars when the drawings were finished. The rest were promised and given nothing.

Then the same class was again provided with markers and paper and asked to draw. This time no one was offered stars. The one-third who had been so eager to draw was now visibly disinterested. The remaining youngsters, those rewarded after the fact or not at all, were happy to scribble away.

"The carrot-and-stick approach works fine for animals," says Dr. Condry. "All you're asking of them is to perform a simple task. Kids, however, are more complicated—they can think. And they start thinking more about how to please than about the work at hand."

Furthermore, says, Dr. Condry, we worry too much about motivating youngsters to learn. "All children," he says, "have a natural desire to learn. I think we undermine it when we offer rewards. Holding out a carrot doesn't really work well in the long run. Moreover, it's a 'cheapo' way to encourage skills. It's a lot better, and easier, both in the classroom and at home, to make an effort to peak a child's interest and then let the natural urge to learn take over."

Test Your Baby's Hearing Now

Although you and your pediatrician keep close tabs on your baby's growth and well-being, sometimes even the experts fail to check a function that has an important bearing on your child's future development—his or her ability to hear.

"Test your child's hearing at an early age, during the first year or year and a half of life," says Dr. Wilbert Provonost, an authority on hearing impairment and Professor Emeritus of Education at Boston University. "Because babies learn to speak by listening to other people talk," he points out, "early detection of any difficulty is terribly important. As early as five to eight months of age babies begin to establish patterns of vocalization."

To help parents screen their babies for hearing problems, the Alexander Graham Bell Association for the Deaf has published a *Hearing Alert* pamphlet with the following checklist:

- *Birth to three months:* The baby is startled by loud sounds and soothed by its mother's voice.
- *Three to six months:* The baby turns its eyes and head to see where a sound is coming from, responds to its mother's voice and enjoys rattles and other noisy toys.
- *Six to ten months:* The baby responds to its name, the ring of a telephone and understands simple words like "no" and "bye-bye."
- *Ten to 15 months:* He or she points to, or looks at, familiar people or objects when asked to do so and can imitate simple words and sounds.
- *Fifteen to 18 months:* The baby follows clear, spoken directions and has a vocabulary of a few uncomplicated words. By 18 months his vocabulary has increased.

"If you have any question about how well your baby hears," says Dr. Provonost, "insist that your doctor test further and refer you to an otologist or hearing specialist." These days, he says, children as young as six months old can now be fitted with special hearing aids.

(For further information write to the Alexander Graham Bell Association for the Deaf, Dept. P, 3417 Volta Place, N.W., Washington, D.C. 20007)

Covering Up: Even the "Too Friendly" Divorce Can Be Hard on Kids

Being dragged into the acrimonious battles of their divorcing parents is emotionally disastrous for youngsters. Recognizing this, many parents make a concerted effort to spare their children from painful scenes and try to separate in a relatively friendly manner. They avoid custody battles, agree to liberal visitation rights and do their best to smooth things over for the kids' *(continued)*



Mothering

continued

sake. Sometimes, says Yale child psyc trist Edward Futterman, they sm things over too much.

In their own way, "friendly divo can create problems for children," Dr. Futterman. Parents are so civil a their separation that their youngsters to understand the reasons for breakup. The children become confu and, sometimes, deeply disturbed. W true feelings are swept under the car he says, both children, and their pare may fail to accept the divorce psychol cally. They never go through the nat mourning process that should occur w a marriage is dissolved.

Phillip, a bright eleven year old, the child of a friendly divorce. His ents brought him to Dr. Futterman's fice three years after their separat They were troubled because their once an outgoing child, had no friend school and was getting barely pass grades. He fought constantly with mother and younger sister.

In counseling sessions, Dr. Futter discovered that Phillip had never un stood why his parents had divorced. it because—as he thought—his mot had once thrown a bowl of salad at father in anger; or because he fought much with his sister that his father driven out of the house?

At first Phillip's parents insisted to Futterman that their marriage had bro up because they'd simply "drifted apa After several sessions they began to v the true reasons: Phillip's father, a coll professor, wanted a stay-at-home wife; mother, a successful architect, wan more independence. After meeting w Dr. Futterman for several sessions w out their son, they began to reveal animosity each had harbored toward other for years.

When the counseling ended, Phill parents remained "friendly." But t had acknowledged the real differen between them, finally consummat their divorce psychologically as well legally. Phillip, with a clearer notion his parents' feelings, no longer blam himself for their breakup. His grades proved, he gradually started to m friends and his need to fight with mother and sister subsided.

"When people divorce, they do so real reasons," says Dr. Futterman. Th should explain to the child, as best they can, the reasons for the divorce, t it is final—if in fact it is—and that the is nothing that he, the child, can do change things. The child should feel fr to ask his parents questions during su discussions. Pretending that nothi much really went wrong is confusing children—and their parents, too.

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Nothing can quite compare with the magic of first love, but second love has a special value all its own. A tender short story by Marlene Fanta Shyer.

Second Wife



Illustration by Rick McCollum

Sue had the jitters. Alicia w due in an hour, the apartmer was still in its morning shambles, and Bill was singir in the shower. Singing! One would have thought he'd hav bit of a case of nerves too; a all, he hadn't seen his ex-wif in three years.

And Sue had never met he Never laid eyes on her. Spok to her only once, last week o the telephone, and struggled through the whole unexpecte awkward and unsettling three minute exchange.

"Hello, is Bill Humphreys there, please?"

How crisp her voice sound like a person accustomed to holding her own in any situation.

"He's not in at the moment Who's calling, please?"

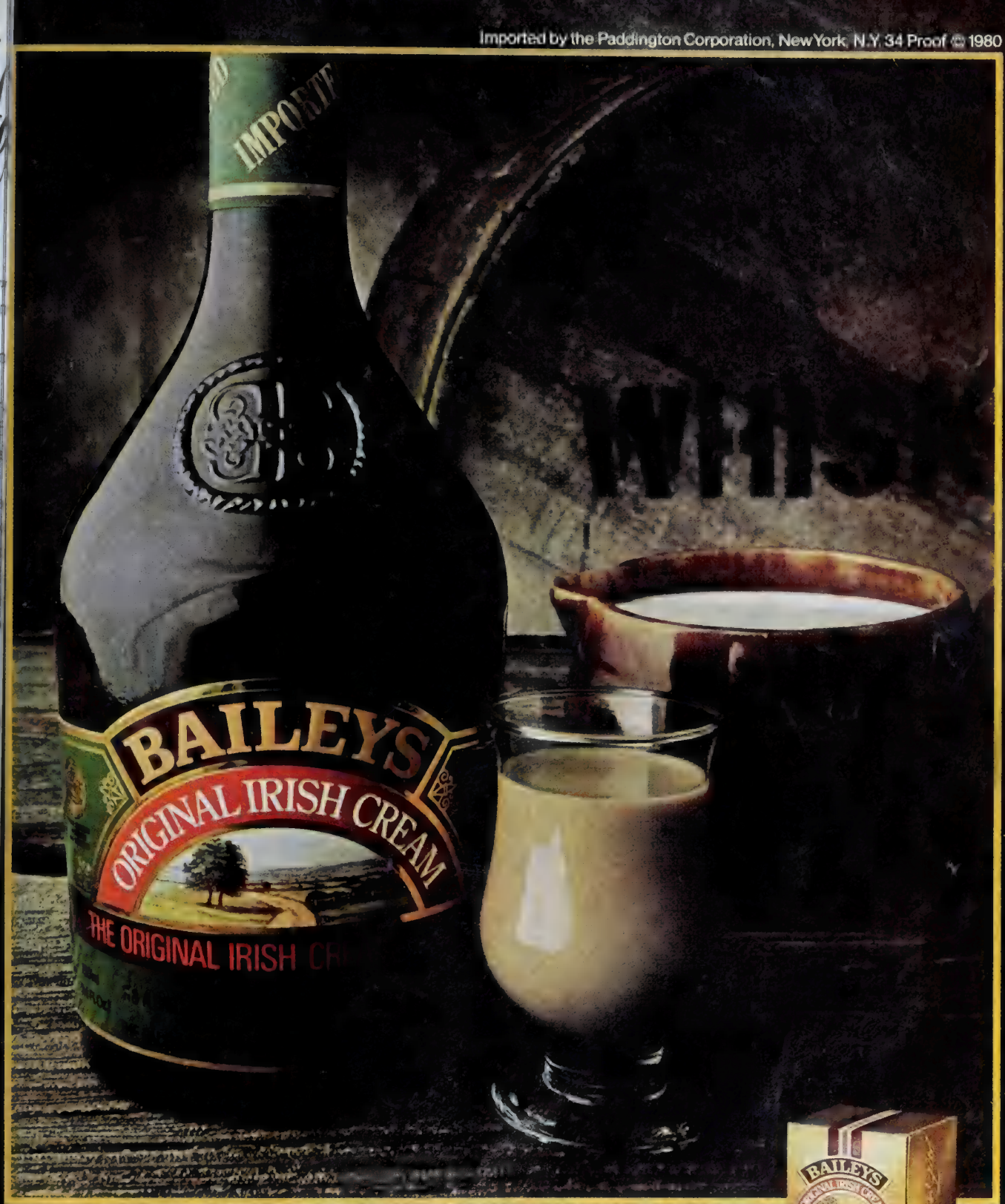
Sue had one eye on the eg she was frying for herself for her dinner. Bill was in Detroi at a convention.

"This is Alicia Humphreys. Am I speaking to Sue?"

A cold shock to hear "Alicia Humphreys" spoken so casual into her unprepared ear. "Yes, she said, letting the "yes" just hang there for a minute, like the smoke coming out of the frying pan. "Alicia, I'm sorry, but Bill is away this week." H voice sounded strange, as if someone had coached her to modulate her pitch and she w now giving it her best. "He'll be coming home Friday. May give him a message?" Sue's pronunciation sounded new to precise as any elocution teacher's would be.

"Well, I'm going to be in town next week," Alicia said, "and I wondered *(continue*

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THE CREAM IS REAL. THE WHISKEY IS REAL.
ONLY THE TASTE IS MAGIC!

Second Wife

continued

if it would be convenient for me to drop off some things. . . ?"

No! Not convenient! Couldn't she just stay in Boston, keep herself and whatever "things" she wanted to unload on Bill up there in Massachusetts? "I'm sure it will be fine," she managed, nevertheless.

"I'm arriving Tuesday night. Would sometime Wednesday be all right?"

Sue looked at her egg sizzling away. The yolk had broken, of course. She had yet to break an egg without breaking the yolk. Bill thought it was amusing, against all odds to do it wrong every time, but Sue did not think it was funny at all.

"I'm sure it'll be all right. Why don't you stop by for a drink with us at about six?" she said, in her new, weird, elocution-class phrases. This was a civilized world, after all, chock full of former husbands and wives. Still, civilized world or not, Sue was shaking.

So what "things" was Alicia going to come up with of any consequence after three years? What odds and ends could she possibly have that could be of any interest to Bill?

Plenty, Sue thought.

Bill and Alicia had been married for five years. Before that, engaged for a year. And before that, high school sweethearts for two years. It seemed a formidable accumulation of common history.

Sue was the Johnny-come-lately. She'd never even seen Lakehurst High, Scobey's Dam, Rigano's Pizza Parlor or any of the other hot spots singed into Bill's network of nostalgia. He'd even admitted he and Alicia had had the hottest love affair in Pendelton, Connecticut. Said the marriage had gone wrong because they'd simply been too young. He'd never once said he hated Alicia, never seemed bitter or accused her of the sort of character deficiencies other people ascribed to ex-husbands or wives.

What had gone wrong was that Alicia took a job with an Italian fragrance firm. Her Italian grandmother had taught her the language, which made her very valuable to the company and when it opened new offices in Boston, she was offered a managerial spot she couldn't refuse. She pleaded with Bill to relocate. He said he couldn't open a new lumber supply firm just like that. Bill wanted to know if Alicia would sacrifice a good marriage on the altar of a career with a perfume company. Alicia wanted to know if Bill would sacrifice a good marriage on the altar of his lumber company. They worked out a compromise of sorts. Alicia moved to a furnished room in Boston and commuted home weekends, but the system never worked. Alicia began skipping weekends if she'd had too hectic a workweek and Bill, who'd always hated coming home to an empty apartment, began to hate it even more.

Finally, the marriage ended, but not with the hostile bang that marks the demise of many relationships; Bill and Alicia calmly and agreeably decided to go their separate ways, wished each other luck, and parted. Bill took a studio apartment in a building filled with other singles (among them Sue), and Alicia moved to a larger place in Boston.

Once, discussing his former marriage, Sue had mused, "I never heard of such a painless divorce," and Bill had answered, "Who said it was painless?" and that remark often haunted Sue. It made her uneasy; Bill hardly talked about Alicia, had never really given Sue any sort of elaborate description of her. He fielded questions like, "What was she really like?" with an evasive, "It's hard to describe people. She was fun sometimes, moody sometimes, she liked to sleep late. She was pretty nice." But that described Sue too; it described half the world, actually. Sue wondered about their sexual relationship, too. Did Bill ever make comparisons? She'd probably never know. Bill was the sort who internalized feelings. He was what is sometimes called a "private person." And so, the unanswerable question—how thoroughly did a divorce end a marriage?—surfaced to her consciousness much too often.

Bill and Sue were happy together, although Sue's ambitions were no less than Alicia's. She wanted to go as far as she could at the bank where she was now head teller, but she would never be willing to sacrifice her marriage for her career. Bill was hoping to open a larger lumber supply plant in the South some day. If he did and they had to move, she would give up her job in a minute. Then too, they wanted a family. After a baby came, she would work only part-time for a few years. She and Bill enjoyed home pursuits together. As soon as they'd married they'd bought this condominium and were out every weekend at auctions, buying old furniture wrecks and restoring them themselves.

Apart from some minimal problems they were still ironing out (Bill's attitude towards money was to spend and Sue's to save; Bill's pleasure was to sit in cold football stadiums and Sue's was to hunt down rare old books in moldy book shops; Bill would eat pizza seven nights a week and Sue thought seven times in seven years would be enough), their marriage worked, oiled by heavy doses of compromise.

As far as love went, Sue adored Bill, but Bill's feelings toward Sue were never as clear. He seemed to care, but he was a man of few words when it came to emotional revelations. He had never once actually said, "I love you." He simply seemed incapable of articulating tho tender words. Sue saw it as his one s rious flaw and so, although he came c rectly home every night, seemed pro of her, was faithful, confided in her a absolutely never criticized, Sue was nev sure where she really stood.

She felt sometimes that Alicia's clai was threateningly deep-rooted. Bill mother tactfully never mentioned tha she still liked and respected her form daughter-in-law, but she exchanged gree ing cards and occasional phone calls wit her. It was Bill's father who once let it sli that "*Everyone* liked that girl—she w really quite a Roman sparkler!"

A tough act to follow. As Sue pounde on the bathroom door telling Bill t hurry, she remembered a passage of San uel Johnson's she'd read recently in one the old books she'd found buried in barn-store under an inch of dust. He sai that the second wife was the highest com pliment to the first, because she'd clearl made him so happy as a married man tha he wanted to marry a second time.

A disquieting thought, especially wit Bill, who had already showered thi morning, showering again now. Was h preparing to look his super-fresh best fo Alicia? The answer was clear ten minute later when he stepped out of the bed room freshly shaved and shampooed wearing his Saturday-night shirt an brand-new lightweight pants: Yes.

"Hey! Is it Farrah Fawcett who's com ing, or only your number-one wife?" Sue hoped she didn't sound as if her voice had just been honed by a knife sharpener.

"It was hot. I felt sticky," Bill said. He'd helped throw the beds together and was clearing off his highboy for the first time in weeks; no, months. The thought now made Sue even more un easy. She flew into the bathroom straightened the towels, made a circle in the steamed mirror so she could see her face and comb her hair. Certainly nothing to be ashamed of. Certainly, on the other hand, no Farrah Fawcett, either.

"Hey, thanks for doing that for me," Bill said, catching Sue dumping ice cubes into the ice bucket. He gave her a quick kiss, missing her cheek and catching her over her right ear. These were his gestures of affection and sometimes they were enough, but now, something more meaningful might have better soothed Sue's nerves.

Alicia, by accident or design, was almost 25 minutes late and when the doorbell finally rang, Sue was almost faint with apprehension. Then, because Sue's first impression was that Alicia was not as pretty as she'd expected her to be, she was temporarily relieved. Alicia's nose had a bump in the middle and she had a more prominent chin than showed in the wedding photograph Bill's mother had discreetly removed from its frame and

(continued on page 154)

"There are a few things in my closet wouldn't trade for anything."





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All My Patients Are Under the Bed

Memoirs of a Cat Doctor

A purr-fectly enchanting excerpt from a new book by Dr. Louis J. Camuti with Marilyn and Haskel Frankel.

Considering my age—87—and the number of years I have made house calls to my cat patients, I picture the reader smacking his or her lips waiting for old Camuti to tell his greatest cat story. I'm sorry but I don't have one. There have been memorable cats in my past, but none that lend themselves to great stories; at least, not of the sort that a dog lover could come up with. No cat ever went up into the Alps with a keg of brandy around its neck to rescue anybody. Cats don't leap into raging streams to rescue devoted masters, and they don't rush into fiery buildings to save children.

It's not that cats care less about the people who love *(continued)*

Illustration by Mimi Vang Olsen from ALL MY PATIENTS ARE UNDER THE BED, by Dr. Louis J. Camuti with Marilyn & Haskel Frankel. Copyright © 1980 by Dr. Louis J. Camuti, Haskel Frankel and Marilyn Frankel. Reprinted by permission of Simon & Schuster.

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All My Patients Are Under the Bed

continued

them; they just care differently. You can ask for love from a dog and you'll get it. Wise cat owners know to give love, and to recognize its return in little ways. Or to put it this way: With dogs and people it's love in big splashy colors. When you're involved with a cat you're dealing in pastels. I like that about cats.

When a cat is in the mood, it may suddenly leap into a lap and settle down. That is a small miracle as any cat owner will tell you, and it does not occur because some human being has snapped his or her fingers or whistled. To a cat, human beings are an inferior, servile race, always to be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work and therefore very rewarding.

I like the fact that when a cat decides to lick my hand I know that cat truly likes me. With a dog, who can tell? Maybe the dog has been taught to lick an outstretched hand, maybe it wants to be petted or maybe the dog smells the roast beef sandwich I had for lunch. With a cat there is never any doubt. I am liked—maybe not loved, but liked—at least for the moment.

Granted, among the thousands of cats who have been my patients, there have been very few hand-lickers. In fact, there have been very few who stuck around when I made my appearance. But I like that. Would you stick around if you thought the man coming through the door was going to hurt you? I wouldn't, and I can't blame a cat for not wanting to, either.

I think a lot of what I like about cats has to do with the way I was brought up. In my day, you shook hands when you met someone, and when you left you said good-bye politely. Kissing was only for very special people. Nowadays, it's all kissing—and not only with the show-business people who have been my clients. People kiss hello and they kiss good-bye, and it can be with people they hardly know. Well, I still like a little formality. When I kiss somebody it is because they mean something to me, and I hope that when and if they kiss me it is because I mean something to them.

It's that appreciation of formality that makes me like cats. They are perfectly willing to keep their distance with strangers until they decide about them, and they'd just as soon that people would respond in kind.

I like dogs, dachshunds especially. But I trust and respect cats more. I think everything that I like and admire about cats is what has caused them so much trouble through the centuries. It is their impenetrable dignity, the great silence you can feel about them, their way of looking at a person without ever revealing what they are thinking that has nerved mankind and led to all sorts of ridiculous connections among cats, the devil and witchcraft.

But cats have survived it all, from ancient Egypt to the present day, and I have no doubt that they will go on surviving. It is my opinion that the people who hate cats, fear them or don't trust them are people who are unsure of themselves. Deep down inside, where they will never have to face it, they are jealous when they see a cat going about its business, indifferent to what anyone wants or expects of it. That cat is leading its own life, giving affection only to whom it wants, accepting affection only when and from whom it chooses. If I were someone who spent his life putting up with and giving in to people I had doubts about I think I might want to kick the stuffing out of a cat that was showing me it could lead a life I didn't have the guts to live.

Sure, I've met a lot of wacky cat owners, some weak and some strong. But I suspect that basically they must be insufficient people. Their cat says this to me. If those people needed a pet they would give them wild displays of affection every time they came in the door, they'd have picked a different pet. Cats are for people who have some self-contentment.

So I haven't got one last great cat story. But maybe, if you see things the way I do, every cat is a great story within itself. I only know that I can look back with fondness on a life spent tending to cats. Though they didn't give me much attention in return for my work, I have no doubt that they knew I was trying to help them. Cats are too bright not to know. And if it is not their way to show appreciation, I can understand that. I've been told so often that I'm a pretty cute old bird that I accept it as truth.

There has been many a time when I choked up at an unexpected kindness and said nothing. Later on, I wanted to kick myself. Well, maybe there are cats wandering around today wanting to kick themselves for hissing and spitting at Carl when he was only trying to help them. I hope so.

Not that it really matters, because as long as the good Lord lets us, Alexandra—my beloved wife, Alexandra—and I will be heading out late in the afternoon making our way to our patients. Who knows? One of the Nicodemuses or Oswillas—our catch-all names for all the toms and all the ladies whose names I can't remember—we have yet to meet may be that great cat story I would like to have told here.

But I don't really expect that to happen. It will be more than enough for me if one day I open a door and find a cat sitting in the middle of the room looking up and waiting for me.

Come to think of it, that would be a great cat story.

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k beauty freshener is specially nulated to freshen the look of your wax floor as it gently cleans. no-wax floors, detergents can ve a dulling film. And water ne won't really clean.

But Perk is specially formulated to gently clean as it brings out the highlights you paid all that money for in the first place! If you love the beauty and convenience of your no-wax floor, get new Perk, and keep a good thing glowing.

No wax, no detergent works like new Perk!



NOW! A BEAUTY FRESHENER FOR NO-WAX FLOORS

Discover Hair So Clean It Bounces... So Manageable It Behaves.

Discover new Pert Shampoo...the one shampoo that helps solve two of today's biggest hair problems.

You see, when your hair gets dirty and oily, it just won't bounce. But if you wash it a lot, it can get dry and flyaway. It won't behave.

New Pert helps solve both these problems, because it does two great things for your hair. First, it lifts away dirt and oils without stripping or drying. It leaves hair so clean it bounces.

But that's not all. Pert also treats your hair with a light touch of 100% grease-free conditioning. Just a touch, to leave hair so manageable it behaves.

There's a Pert formula just right for your hair. So no matter how often you use it, you get bouncin' and behavin' hair.

Introducing Bouncin'And Behavin'Hair





It Happens Wit Pert Shampoo

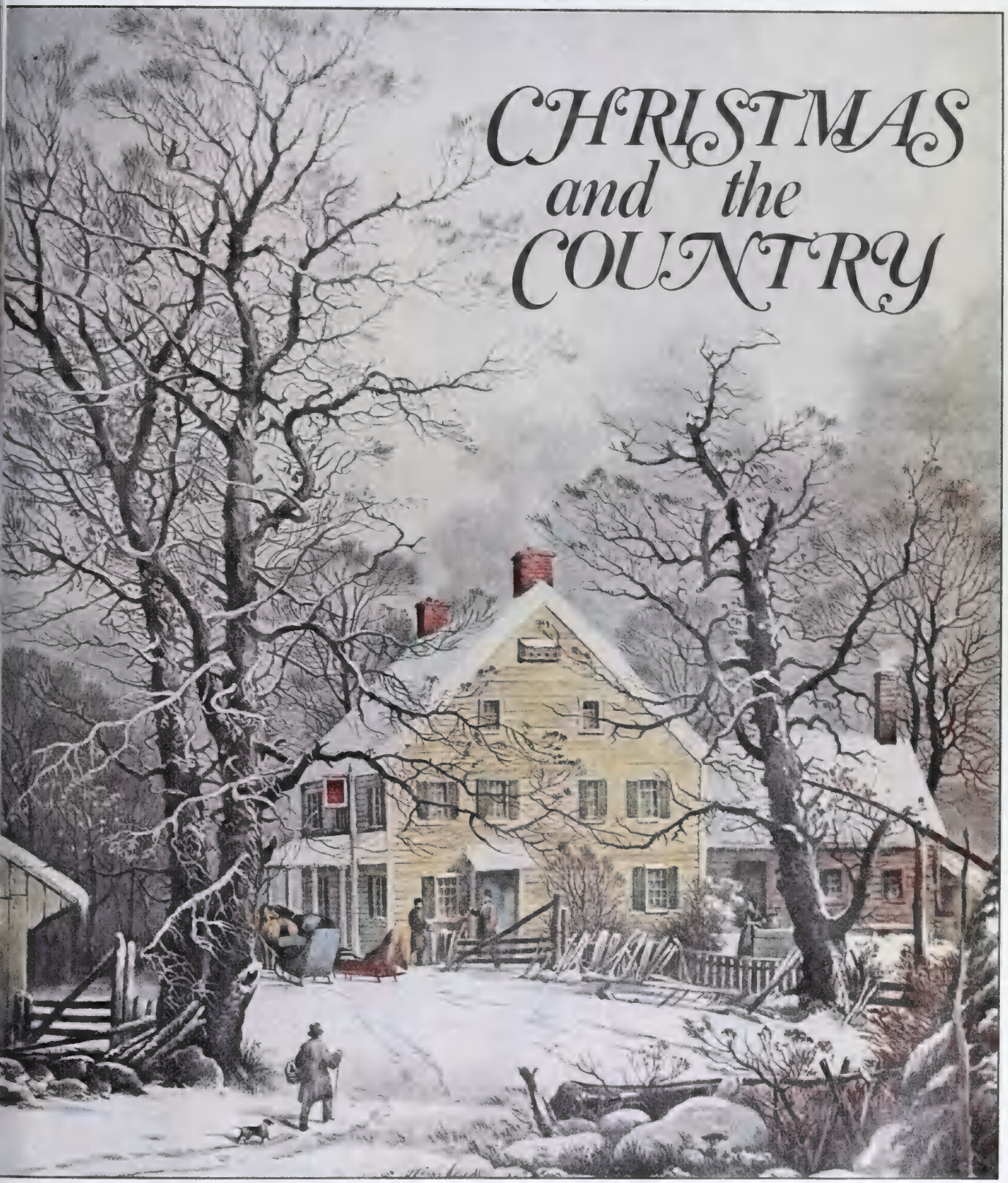


New from Procter & Gamble

©1980 Procter & Gamble Co

Join us this year, wherever you are, for the mood of a rustic Christmas. Family and friends united with down-home American simplicity; warmth and closeness against the winter landscape. Gifts and food made with loving hands. You may celebrate in a city high-rise, on a suburban street or where snow never falls. But the spirit—natural, joyous, reverent—is there to capture. Find it in your heart. Share it with others. The peace and faith of "days gone by" can live again. Happy holidays!—The Editors

CHRISTMAS and the COUNTRY



ration from THE WORLD OF CURRIER & IVES by Roy King & Burke Davis (Random House, Inc. 1968). Reprinted by courtesy of the publisher.

To See the Magic

A story of rural Christmas enchantment to warm the heart and renew the spirit of love in everyone.
By Mary Elmblad.

"And in the Channel Islands, off the coast of France, there was a legend that at midnight on Christmas Eve the beasts in the stable knelt down to honor the Christ Child."

My husband Jed was holding our five-year-old son on his lap and telling him about Christmas customs. It was a pretty picture. They were in the old rocking chair, my tall wiry husband and my short wiry son, and their two blond heads caught the warm reflections of the fire flickering in the open door of the firebox of the wood cookstove. The kitchen made a pretty picture, too, with

(continued on page 148)



Illustration by Gervasio Gallardo




Come . . . help create a wonderfully festive, old-fashioned holiday mood. Just follow our easy-to-do
CHRISTMAS
WITH A COUNTRY FEELING
ideas for around the house (gifts, too!)—50 warming ways of saying, "Welcome, one and all." By Joan Tully, Home Editor.

50 Country Christmas Ideas

Deck your doors with friendly trimmings, tra-la-la. Decorating the outside (easy, affordable) extends a cordial hand, a sense that home and hearth are ready *and* eager to celebrate the joy and fun of Christmas.





1 SWEET BOUQUETS
Romantic wreath, top left, with mini-flowers, velvet ribboning on rustic grapevine.

2 YULE CIRCLE
Rounds of small birch logs make a unique wreath, lower left, softened by dainty dried flowers.

3 KNIT-1, PURL-1
Great balls of wooly yarn, below, pierced with knitting needles.



9 COME ON IN
An inviting spray of greens, twigs, above, with a sense of humor. Odd mittens grasp never-melt snowballs!

10 PRETTY CRAFTY
Pure Americana—a creative country wreath, below, of three fabrics; tubed, stuffed, then twisted in fat braids.

11 COUNTRY FRAMING
Same handiwork, below, in longer length, can frame a door, or perhaps climb a stairway, swag a fireplace.



4 BAG OF GOODIES
For a sheltered door, left, a bright laundry bag, wrapped boxes, panda.

opposite page:

5 SWAG-A-HOUSE
Drape an evergreen garland from window to window, center bow.

6 BASKETS OF PLENTY
At door, boughs of green, baskets of glimmering balls.

7 READY SLED
Sign of the season: wood sled, ready to fly.

8 MOUNTAIN GREENERY
Little live trees, potted for now in straw baskets.



ed at the Deserted Village at Allaire State Park in New Jersey by Bruce Wolf

50 Country Christmas Ideas

Giving pleasures. An exchange of homemade gifts i a country tradition. It serves to bring people close together . . . and it inspires us to invent new ways o sharing. Here are 24 bright ideas for do-it-yourself deco rations to offer others with pride. Or, choose a specia few to make, to keep, to cherish. All are in center picture some featured around it. Instructions start page 136



12 TISKET-A-TASKET
Mushroom basket, now prettily painted, cradles bright balls.

13 LITTLE GLOWS
Pure white candles, in glass cups on mantel, add twinkly light.



14 RINGS OF POPCORN
Strands of popcorn and cranberries, above mantel, in a wreath.

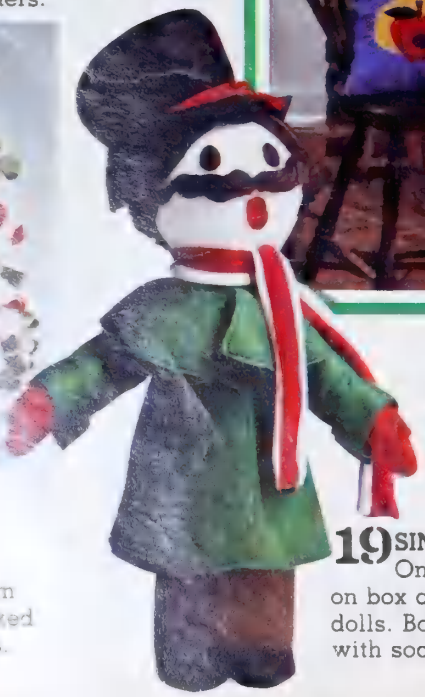
15 FIREPLACE MATCHES
Handsome holder, right, of split, burnt matches.

16 CARDINAL REDS
Greenery, over mantel, with birds, balls, bow.

17 STRING THINGS
Balls of twine, on manteltop, for candleholders.



18 YUM-YUM TREE
A delicious little Christmas tree made from rock candy on sticks, mixed with red and green bows.



19 SINGING OUT
One of a trio (see on box above) of caroler dolls. Bottle-based, covered with socks, fabrics, yarn.





21 GARDEN PLEASURES
Basketful of stamped-fabric fruits and vegetables

20 STATELY SWAGS
Garland of greens to drape across fireplace; hang with candy canes, straw stars, lights

35 COOK'S FANTASY
Grapevine wreath with all kinds of kitchen gadgets.



34 NATURAL SCENT
Fill a wicker basket, on floor, with fragrant pinecones; add a red plaid bow.

33 SHINY PLANTER
Real tree, in fireplace, grows in dimestore bucket with harvest decal.



32 YONDER BARN
Farmer Brown's typical barn, hay and all, is really a country toaster cover.

31 HAVE-A-HEART
Kindling box, on floor, shows one painted red heart.

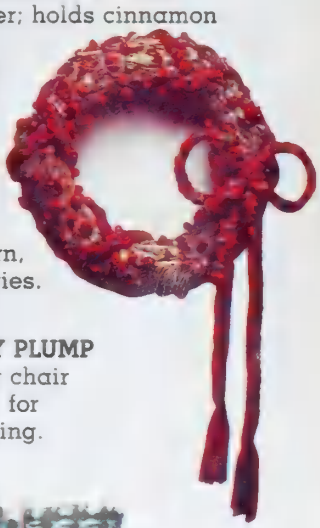


30 FARM-FRESH PILLOW
Easy throw pillow on chair, far corner, appliqued with grapes, apples, squash.



29 NOSTALGIC JOURNAL
Our own canister based on original LHJ cover; holds cinnamon sticks, greens. Coupon to order, page 139.

28 RUSTIC RING
Store-bought straw wreath braided with yarn, strewn with berries.



27 PLEASINGLY PLUMP
Fat and jolly chair cushions, at left, for comfortable seating.



23 CRISSCROSSER
Set a smart table, above, with reversible runners; Simplicity Pattern.



26 CHEERY NAPKINRY
A sturdy square in Christmas colors from Fabrications.

25 HOLLY HOLDER
Quick and fun to do by the dozen—above, napkin ring from play dough, decorated with holly leaf, bright berries.

24 CASSEROLE COZY
Keep your dinner a-warming with a snappy tie-on cover.

22 SEWING STARTER
Stock a basket with basic notions, set amidst air ferns.



Candles love company! You can light up your life (and holiday house) with clusters of candles in homemade settings. Use your imagination—and shed a golden flame on anything from tin cans to a shiny kitchen colander.
Instructions, page 136.



clockwise, from far left:

36 SHAPE 'N BAKE
Work flour, salt, water into play dough candlesticks.

37 MINIATURE FOREST
A glen of birch logs on bed of twigs, cones, flowers.

38 PUNCH-A-TIN
Base is 1-lb. coffee can; hat is larger lid; ring from a tomato paste can.

39 CORNUCOPIA
Fill a colander full of fruits, nuts, mistletoe; use glass drip-catchers for wax.

40 ANGEL CHORUS
Cut full-winged angels from paper plates; set out with red votive candles.

41 CHEERY CHIMNEYS
A trio of glass from hurricane lamps jauntily painted for Christmas.

42 SNAPPY SCONCES
Three little reflectors made from soda or beer cans, snipped out with scissors.

43 SIMPLE SHINERS
Turn sheets of tin into holders for fat candles; place in dark corners.

MAKE A MERRY STOCKING

44 SPIFFY SPATS
The barbershop-quartet look for dear Grandpa—felt, candy stripes, buttons.

45 ARGYLE PLAID
A good-looker for Dad; snappy replica of regular sporty sock.

46 RIDE 'EM COWBOY
For a rugged junior cowpoke—easy-to-do stitched felt boot.

47 FANCY PATCHWORK
Country touch—strips of dots, buds, solids; quilted for little miss.

48 HIGH-BUTTON SHOE
Turn-of-the-century felt for Grandma.

49 QUILTING BEE
American appliqué motif with lace trim for a super Mom.

50 SWEET MEMORY
Across the mantel—a lineup of toys, candle.



50 Country Christmas Ideas

Harken back to one of Christmas's best-loved traditions—stockings for all in the family, stuffed with fun (or useful) wrap-ups and lots of love. Make each one of the stockings with care—from a snappy argyle for Dad to Sis's patchwork—and they'll hang around for years to come. Instructions start page 136.



STOCKING STUFFERS UNDER $1

from left, top to bottom:

1. JUMBO CRAYONS
2. SPIRAL BOUND INDEX CARDS
3. WOODEN COMB FROM CHINA
4. BOTTLE OPENER WITH WOODEN HANDLE
5. PACKAGE OF SHOELACES
6. TOY BUS
7. PACKAGE OF RUBBER BANDS
8. INDIVIDUAL CREAM JUG
9. DIMESTORE BANDANNA
10. MILK CAN SALT AND PEPPER SET (WE SHOW ONE)
11. TOMATO PINCUSHION WITH STRAWBERRY EMERY
12. PACKAGE OF SIX PENCILS
13. CAKE OF FLORAL SOAP
14. TWO BIC LADIES' RAZORS
15. PACKAGE OF HERB BATH FOAM
16. HALLMARK SOAP BALLS
17. ELASTIC BIKE STRAP
18. STICK ERASER
19. STRAWBERRY MAGNETS
20. GLUE STICK

Shopping information on page 144.



Face Framing Fashions



Charm plus drama—it's an unbeatable formula for special evenings. This year's prettiest holiday looks will frame your face in the same glorious way a rose's petals cradle the bud. Here, four beguiling versions, all interpretations of black and white.

Bewitching! The seductive glamour of a silk taffeta evening suit. Snug jacket with high ruffled collar, leg o' mutton sleeves, full sweeping skirt. Tadaomi Ltd., $780.



Pure allure—intriguing evening pantsuit. Choirboy collar on a lace blouse sings with velvet cropped jacket, plaid taffeta pants. Kasper for Joan Leslie, $430.



Eye-catching flirt—a softly sheer chiffon blouse with triple ripples of white petals on the collar and two-tier cuffs; gentle tie closing. Malbe, $68.

Height of romance—the fragile swish of a taffeta blouse with poetic, pouffy double collar, full cuffs. In the palest of whisper gray, tied with a black ribbon. Malbe, $76.

Photographs by Gerard Gerra. Hair by Mark Kane. Makeup by Sharon Stubbs. Cummerbunds by Elegant Earrings. Center insert by Cultured Pearl Association; all others by

The Cookie Book '80

Handmade with Love for Your Merriest, Cookiest Christmas Ever!

Little Drummer Boy

Our motto at the *Journal*: Give a cookie and you've got a friend. And so, with pride, we're offering you our fifth annual Cookie Book, pages and pages of delectable holiday treats. (As a special bonus, see the 16-page, tear-out "Favorite Christmas Cookies" on page 111.) Starting off with a bang: a snappy drummer boy, keeping the beat with candy cane sticks and a drumful of crisp cookies. He's a gingerbread toy soldier (16½ inches tall) of only four pattern parts, costumed with royal icing and candies. Directions and recipes, page 107. By Sue B. Huffman, Food and Equipment Editor.

All "Cookie Book '80" photographs by Nick Samaridge

Twenty Favorites

Another year, another challenge. For our annual LHJ cookie hunt, we put on detective caps and searched (through holiday files, family treasuries) for the munchiest, the crunchiest–the best cookies around. Here are our 20 choices for 1980. Make up a batch or two or all. . . and you'll have 20 new favorites, too. Recipes, page 127.

The Cookie Book '80

Brandy Wreath
From Sweden, rich butter twist, berried with red-hot candi

Fruitcake Bar
Succulent square, fragrant with brandy, fruits.

Nutmeg Noel
Zesty taste of spice tickles your tongue.

Honey Wheat
Sturdy and satisfying, with wheat germ

Cranberry Meringue
Unusual! High bar cookie sparkles with holiday relish.

Chocolate Mint
Biteful of chocolate, frosted with mint-y green, sprinkles.

Pistachio Angel
Airy puff of nutty goodness; a dieter's dream.

Pecan Bark
Crisp crunch cut into diamond shape.

Stained Glass
Cookie tree–light filters through melted sourball candies.


Lebkuchen
Time-honored German spice cookie, takes 3 days to soften.
Checkerboard
What fun! Game cookie of black, white squares.
Chocolate-Nut Chewy
Favorite of all ages, munchy with nuts, oats.
Auntie Mary's
Never-before-powdery bar with slide of chocolate.
Chock Fulls
Good and plenty-applesauce, raisins, nuts.
Cherry Tart
Baby cheesecake-just right to pop in your mouth.
Swedish Spritz
Classic from Scandinavia: melting, light.
Caramel Heavenly
Real crowd pleaser! Grahams, marshmallows, almonds, coconut.
Extravaganza
Little layering of apricots, almonds, drizzled with icing.
Pecan Starburst
Double-good butter cookie shows off raspberry jelly.
Chewy Macaroon
Coconut drops pinged with green cherry.


The Cookie Book '80
GRANNY



Making Cookies Is Fun!

Squeals of glee, peals of giggles—those are the sounds that fill a kitchen when young chefs get busy making and baking cookies. Here to inspire, a batch of fun recipes, all easy enough for even a small child to follow (with Granny's guidance). Happy results: slews of tasty homemade goodies, from loving "hands" to no-bake peanut butter balls. . . to put out by the plateful or give away to special friends. Recipes, page 104.

Clockwise from left:
• Banana Granola Cookies, crunchers of healthy goodness. • Hands Down Cookies, to trace by hand, decorate. • Chocolate-Peanut Munchies, peanut butter balls, dunked in chocolate. • Chocolate Crinkles, sugar-coated chocolate rounds. • Do-Littles, simple no-bakes, rolled in cornflakes. • Scotchies, nutty with walnuts. • Christmas Packages, ready-made poundcake, gift-wrapped. • Gumdrop Drops, oatmeal and candy. • Bear Paws, pieces of pie crust, grasping raspberry jam.


"The stockings were hung..."
by the chimney with care (insert) or on boughs of greens (below) –a beautiful stretch of cookie stockings to greet St. Nick, delight the entire family. Crispy, buttery cookies with a hint of lemon are simply fashioned by pattern (trace one here) or freehand and decorated with royal icing. Follow our inspiration or dream up your own designs. Hint: Poke hole in corner before baking for string loop.
Recipe and instructions, page 104.
The Cookie Book '80



Stockings were hung

continued

STOCKING COOKIES
pictured on pages 102–103

Stockings shown in the large picture on pages 102–103 are actual size. For a pattern, simply trace those stockings and transfer to a piece of cardboard.

1½ cups butter or margarine, softened
1 cup sugar
1 egg yolk
2 tablespoons grated lemon peel
2 teaspoons vanilla extract
½ teaspoon salt
5½ cups all-purpose flour
About ½ cup water

In large mixer bowl with mixer at medium speed, cream butter or margarine and sugar until light and fluffy. Beat in egg yolk, lemon peel, vanilla and salt. At low speed gradually add flour until well blended. Add water a few drops at a time until dough does not stick to side of bowl. Do not use more water than necessary. Wrap and chill dough until firm, about 3 hours.

Preheat oven to 350°F. Cut dough in half; roll out one half on lightly floured surface ⅛-inch thick. With a 4 inch, stocking-shaped cookie cutter or cardboard pattern (traced from page 102), cut out dough. Place on cookie sheets. With toothpick make a hole near the edge of each stocking to thread string for hanging. Bake 12 to 15 minutes or until lightly browned around the edges. Cool on wire racks. Repeat with remaining dough, rerolling scraps. Decorate with Decorative Icing (see below). Makes about 3 dozen, about 155 calories each, uniced.

DECORATIVE ICING

3 egg whites
½ teaspoon cream of tartar
1 package (16 oz.) confectioners' sugar
Assorted food colors

In large mixer bowl with mixer at high speed, beat egg whites and cream of tartar until frothy. Add sugar and continue beating 5 to 7 minutes until smooth and thick or until a knife drawn through icing leaves a clean-cut path. Place in container with tight fitting lid until ready to use. Can be kept up to 2 weeks in refrigerator. Makes about 3 cups. Once you begin working with icing, be sure to keep covered with damp cloth to keep from drying and crusting on top. Using small bowls, mix small portions of icing with assorted food colors. Mix until desired color is reached (see color chart below).

To pipe: Use pastry bag with small writing tip or use waxed paper cone.

To paint: Mix icing until desired tint is achieved. Add few drops of water until thin enough to paint on easily. Use small, clean brush. Be sure to wash thoroughly in water after each color use, or use new brushes.

COLOR CHART

	Number of Drops Required Per 1 Tb. Icing			
Color	Red	Yellow	Green	Blue
Orange	1	3	—	—
Lavender	1	—	—	2
Purple	3	—	—	1
Olive Green	—	—	3	2
Chartreuse	—	12	1	—
Lime Green	—	6	1	—
Turquoise	—	—	1	3
Bright Red	7	1	—	—

To get vivid colors we suggest liquid or paste colors from Wilton Enterprises (available in department and specialty stores). **End**

Making Cookies Is Fun!

continued from page 101

All pictured on pages 100–101

BANANA GRANOLA COOKIES

½ cup butter or margarine, softened
1 cup firmly packed brown sugar
1 egg
½ teaspoon vanilla extract
1 cup mashed bananas (2 to 3 ripe bananas)
1½ cups all-purpose flour
1 teaspoon cinnamon
½ teaspoon baking soda
½ teaspoon salt
1 cup granola

Preheat oven to 375°F. Grease 2 cookie sheets; set aside.

In large bowl with mixer at medium speed cream butter or margarine and sugar. Add egg, vanilla and bananas and beat until well blended. Add flour, cinnamon, baking soda and salt; mix just until blended. Stir in granola. Drop by tablespoonfuls about 2 inches apart onto cookie sheets. Bake 12 minutes. Cool on wire rack. Makes about 4 dozen, about 65 calories each.

HANDS DOWN COOKIES

Let the kids trace their own hands, then decorate for doting grandmothers—and other doters.

½ cup butter or margarine, softened
⅔ cup sugar
1 egg
1 teaspoon vanilla extract
2 cups all-purpose flour
1 teaspoon double-acting baking powder
¼ teaspoon salt
Tubes of decorating icing or gel

In large mixer bowl with mixer at medium speed, cream butter or margarine and sugar until light and fluffy. Beat in egg and vanilla and continue beating until well mixed. Add flour, baking powder and salt; mix just until blended. Wrap and chill 1 hour.

Preheat oven to 350°F. Grease 2 cookie sheets. Divide dough in half. Roll half the dough on a lightly floured surface ⅛-inch thick. Place hand on dough and carefully trace with a round-ended knife, cutting through dough. Place cut-out hand on cookie sheet. Repeat with remaining dough.

Bake 10 minutes. Cool on wire racks. When cool, decorate with icing or gel, as desired. Makes about 15, about 155 calories each without icing.

CHOCOLATE-PEANUT MUNCHIES

A no-bake goody chock full of nutritious peanut butter.

2 cups confectioners' sugar
1¼ cups chunky-style peanut butter
¼ cup butter or margarine, softened
2 cups toasted rice cereal
1 package (6 oz.) semisweet chocolate pieces

In medium bowl with mixer at medium speed cream sugar, peanut butter and butter or margarine until well mixed; stir in cereal.

Melt chocolate pieces in the top of a double boiler over hot, but not boiling, water. Remove from heat.

Roll peanut butter mixture into 1-inch balls. Dip each in chocolate, covering half the ball. Refrigerate until chocolate becomes firm. Cover and store in refrigerator. Makes about 3½ dozen, about 110 calories each.

CHOCOLATE CRINKLES

Although pre-melted chocolate costs more, it does save the hassle of melting.

¾ cup salad oil
1 cup granulated sugar
2 packets pre-melted unsweetened chocolate or 2 ounces unsweetened chocolate, melted
2 eggs
1 teaspoon vanilla extract
1 cup all-purpose flour
1 teaspoon double-acting baking powder
¼ teaspoon salt
¼ cup confectioners' sugar

In large mixer bowl with mixer at medium speed combine oil, granulated sugar and chocolate. Beat in eggs and vanilla. Add flour, baking powder and salt. Continue mixing just until combined. Cover and chill 3 hours.

Preheat oven to 350°F. Grease 2 cookie sheets. Roll dough into 1-inch balls; then roll in confectioners' sugar to coat. Place 2 inches apart on cookie sheets. Bake 10 to 12 minutes. Cool on wire rack. Makes about 4 dozen, about 70 calories each.

DO-LITTLES

So named because they're so simple.

¾ cup shredded coconut
¾ cup chopped dried apricots
½ cup seedless raisins
½ cup sweetened condensed milk
1½ cups cornflakes

In medium bowl stir all ingredients except cornflakes until well combined. Cover and chill 30 minutes. Put cornflakes in small plastic bag; squeeze to crush flakes. Set aside. Roll coconut mixture into 1-inch balls. Toss each in crushed cornflakes to coat. Cover and store in refrigerator. Makes about 2 dozen, about 65 calories each. *(continued)*

Oh the merry nutty things you can do with Diamond Walnuts.



his Christmas, wrap up some especially tasteful gifts.

iennese Walnut Cookies

2 cup butter
3 cup granulated sugar
4 teaspoon salt
teaspoon vanilla
4 cups sifted all-purpose flour
/3 cups finely chopped Diamond Walnuts
utter cream frosting
iamond Walnuts for decorating
ream together butter, sugar, salt and vanilla. lend in flour and walnuts, using hands to orm dough into a ball. Chill 30 min. Roll n lightly floured board to a little less than 4-in. thickness. Cut with 2-in. cutter. Bake on ngreased baking sheets at 350° F. for 10 to 2 min., until very lightly browned. Cool on ire racks. Put together in pairs with butter ream frosting. Top with a swirl of frosting nd decorate with walnut halves or large ieces. Makes about 2 doz. pairs.

Valnut Holiday Buns

2 cup Diamond Walnuts
3 cup mixed candied fruits and peels
cake or package yeast
2 cup warm water
4 cup granulated sugar
2 teaspoon salt
teaspoon anise flavoring
large egg, beaten
tablespoons softened butter or nargarine
2 1/4 cups sifted all-purpose flour
Melted butter for tops of rolls
Sugar Glaze
Walnuts and candied fruits for decoration

Chop walnuts and candied fruits; set aside. Soften yeast in warm water. Combine sugar, salt, anise flavoring, egg, butter and 1 cup of the flour. Add softened yeast; beat well to a smooth thick batter, using mixer or beating well by hand. Cover; let rise in warm place about 1/2 hr., until doubled. Stir in remaining 1 1/4 cups flour, chopped walnuts and fruits, mixing to a moderately stiff dough. Turn out onto floured board. Knead lightly until smooth working in a little additional flour if dough is sticky. Divide into 8 equal pieces; shape each into a round. Place 1 roll in center of greased 8-in. layer cake pan, and others around it. Brush tops lightly with melted butter. Cover and let rise until doubled, about 50 to 60 min. Bake at 375° F. about 30 min. until buns test done and are nicely browned. Remove from oven; turn out onto wire rack. While warm, spread with Sugar Glaze. Decorate with additional chopped walnuts and candied fruits. Makes 8 buns.

Sugar Glaze: Mix 1 cup sifted powdered sugar, 1 Tbsp. milk and 1/2 tsp. vanilla until smooth. If needed, add a few drops more milk for good spreading consistency.



Oh the lovely nutty things you can do with Diamond Walnuts.

Chocolate Walnut Clusters

1 6-ounce package (1 cup) semi-sweet real chocolate pieces
1 1/2 cups Diamond Walnut halves and large pieces

Melt chocolate over warm, not hot, water, stirring constantly. Add walnuts and stir until coated. Drop in clusters on waxed paper. Cool until set. Makes 1 doz. large clusters.

Note: Half semi-sweet and half milk chocolate may be used.

Making Cookies Is Fun!

continued

SCOTCHIES

½ cup butter or margarine, softened
1 cup firmly packed light brown sugar
1 egg
½ teaspoon vanilla extract
1¼ cups all-purpose flour
½ teaspoon baking soda
Dash salt
½ cup chopped walnuts

In mixer bowl with mixer at medium speed cream butter or margarine, sugar, egg and vanilla. Beat until light and fluffy. Mix in flour, baking soda and salt. Stir in nuts. Cover, refrigerate ½ hour.

Divide dough in half. On sheet of waxed paper shape each into a log about 1½ inches wide and 7 inches long. Wrap; chill at least 4 hours.

Preheat oven to 375°F. Slice dough into ¼-inch slices. Place about 2 inches apart on ungreased cookie sheets. Bake 10 to 12 minutes or until evenly browned. Cool on wire rack. Makes about 4 dozen, about 55 calories each.

CHRISTMAS PACKAGES

Use a frozen, mix or homemade pound cake; turn kids loose with the frosting.

1 prepared pound cake (we used a 10¾ oz. frozen pound cake, thawed)

Frosting
1 pound confectioners' sugar
½ cup warm milk
½ teaspoon vanilla extract
Green food coloring
3 tubes red decorating gel

Cut pound cake into 1-inch squares. Arrange squares on wire racks set over sheets of waxed paper.

In small bowl mix frosting ingredients and stir until smooth. Use a spoon to drizzle frosting over cake squares. Let extra frosting drip onto waxed paper. (Return drips to bowl to use again. Stir until smooth, adding ½ teaspoon water if necessary.) Keep drizzling on frosting until cakes are frosted on tops and sides. Let cakes dry, about 1 hour. Use decorating gel to make ribbons on packages. Makes 3 dozen, about 90 calories each.

GUMDROP DROPS

Gumdrops and tasty oatmeal.

½ cup butter or margarine, softened
½ cup granulated sugar
½ cup firmly packed brown sugar
1 egg
1 teaspoon vanilla extract
1 cup all-purpose flour
½ teaspoon double-acting baking powder
½ teaspoon salt
¾ cup quick-cooking oats, uncooked
½ cup chopped, fruit-flavored gumdrops.

Preheat oven to 350°F. Grease 2 large cookie sheets. In mixer bowl with mixer at medium speed cream butter or margarine and sugars. Beat in egg and vanilla until light and fluffy. Add flour, baking powd and salt and continue mixing until we combined. Stir in oats and gumdrops.

Drop batter by rounded teaspoonfu about 2 inches apart onto cookie sheet Bake 12 to 14 minutes. Cool on wi racks. Makes about 3½ dozen, about 6 calories each.

BEAR PAWS

Simple when you use frozen piecrust.

Flour
Pastry for a single crust pie
3 tablespoons raspberry preserves
1 egg white
2 tablespoons sugar
⅛ teaspoon cinnamon

Preheat oven to 375°F. Grease a larg cookie sheet; set aside.

Lightly sprinkle work surface wit flour. Flatten pastry and sprinkle lightl with flour. With rolling pin gently ro into a 10-inch square. Cut into 2½-incl squares. Spoon ½ teaspoon preserves i center of each. Dip finger in egg whiti and rub on edges of squares. Fold top ove preserves and press edges to seal. Place o baking sheet. On each cookie make fou ½-inch cuts on long seamed edge of pastr and pull apart gently to open paw. Brus top of each with egg white. Combin sugar and cinnamon and sprinkle on top Bake about 10 to 12 minutes or unti golden brown. Cool on wire rack. Make 16, about 75 calories each. **En**



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m...so delicious!

On the left, a plain coconut cream pie. On the right, a luscious Coconut Dream Pie. It's made with Dream Whip® Whipped Topping Mix, Baker's® Angel Flake® Coconut, extra Jell-O® Brand Instant Pudding, and milk. Look at the creamy light difference! Dream Pie is easy to make because there's nothing to cook, and you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn all your plain cream pies into higher, lighter, creamy Dream Pies.

GF GENERAL FOODS

Little Drummer Boy

continued from page 97

DRUMMER BOY
pictured on pages 96–97

EQUIPMENT
- Scissors
- Tracing paper
- Large bowl
- Small saucepan
- Small sharp knife
- 3 1-inch paintbrushes
- Masking tape
- Ruler
- Aluminum foil
- Lightweight cardboard
- 4 large cookie sheets (one must be at least 17x14 inches)
- 1 empty 3-lb. shortening can
- 1¼ yards red satin cord or thin ribbon
- 1 pastry bag
- 1 ⅛-inch writing tip

DOUGH (needs to be made twice)
- 1½ cups dark corn syrup
- 1 cup sugar
- ¾ cup margarine
- 7 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon nutmeg
- ¼ teaspoon salt

DECORATIVE ICING (needs to be made three times)
- 3 egg whites
- ½ teaspoon cream of tartar
- 1 package (16 oz.) confectioners' sugar

DECORATIONS
- 5 ounces red food coloring*
- 1 ounce green food coloring*
- 3 spearmint leaves
- 2 red licorice twists
- 4 black licorice twists
- 2 strips black licorice lace
- 3 medium green gumdrops
- 3 small red gumdrops
- 1 pink jelly bean
- 2 pink sugar wafer candies
- 2 red jelly hearts (from jelly bridge mix)
- 14 silver dragées
- 2 candy canes or peppermint candy sticks

*To get vivid colors (especially red) we suggest investing in paste colors by Wilton (available in department and specialty stores across the country).

Cut out pattern pieces (shown on page 108). Enlarge. On lightweight cardboard trace outline for body, arm and leg pieces. Cut out each pattern. For drum cut a 6x2¾-inch rectangle from cardboard.

To make dough: In a small saucepan combine corn syrup, sugar and margarine. Heat until margarine is melted, stirring occasionally. Meanwhile, in large bowl combine dry ingredients. Add corn syrup mixture. Beat until well blended. Dough is most manageable while still warm. We recommend rolling out first batch before making second.

To make body: Divide first batch of dough in half. Cover one half with damp towel; set aside. Place other half on 20x12-inch piece of foil and roll out to a rectangle the size of the body piece (approximately 18x10 inches). Dust body pattern lightly with flour and place on dough. With sharp knife carefully cut around edges of pattern (do not cut through foil). Using straw or sharp knife, cut out holes for leg and arm attachments where indicated on pattern. Slide large cookie sheet under foil; secure foil to cookie sheet. Remove pattern and scraps. Refrigerate 20 to 30 minutes to help prevent spreading during baking. Bake in preheated 350°F. oven 20 to 25 minutes. If bubbles form during baking, smooth gently with spatula. Cool.

To make arms and legs: Place remaining half of dough on 20x12-inch sheet of foil and roll out ¼ inch thick. Lightly dust arm and leg patterns with flour. Plan arrangement of pattern pieces on dough before cutting. Cut out one of each. Invert pattern pieces and cut matching arm and leg. Using straw or sharp knife, cut out holes in arms and legs where indicated on pattern. Also cut holes in hands large enough for candy canes to fit through. Test with candy canes to make sure holes are large enough. Slide cookie sheet under foil; secure. Remove patterns and scraps. Refrigerate 20 to 30 minutes. Bake in preheated 350°F. oven 20 to 25 minutes. Cool. Prepare second batch of dough; divide in half.

To make drum: Take half the dough and place on 20x12-inch sheet of foil. Roll into a 14x11-inch rectangle. Cut out six 6x2¾-inch rectangles, leaving ½-inch space around each one. Remove *continued*



Coconut Dream Pie...as simple as a, b, c.

- 2 envelopes DREAM WHIP® Whipped Topping Mix
- 2¾ cups cold milk
- 1 teaspoon vanilla
- 2 packages (4-serving size) JELL-O® Brand Vanilla or Coconut Cream Flavor Instant Pudding
- 1⅓ cups (about) BAKER'S® ANGEL FLAKE® Coconut
- 1 baked 9-inch pie shell, cooled

a. Prepare whipped topping mix with 1 cup of the milk and the vanilla as directed on package, using large mixing bowl. Add remaining 1¾ cups milk and the pudding mix.

b. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Stir in coconut.

c. Spoon into pie shell. Chill at least 4 hours. Garnish, if desired.



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Little Drummer Boy
continued

scraps. Slip foil onto cookie sheet. Refrigerate dough 20 to 30 minutes. Bake in preheated 350°F. oven 20 to 25 minutes or until done. (If sides bake unevenly, trim rectangles while cookies *are still warm.*) Roll out remaining dough ⅛ inch thick. Cut out with drum-shaped cookie cutter (see below). Place on greased cookie sheet. Bake 8 to 10 minutes. Cool. (Drum cookie cutter can be purchased at variety stores or write Educational Products Company, Hope, N.J. 07844. Other shape cookie cutters can be used.)

To decorate and assemble: Prepare one batch decorative icing. In large mixer bowl combine egg whites, cream of tartar and confectioners' sugar. Beat with electric mixer about 7 minutes until smooth and thick, or until knife drawn through icing leaves clean cut. Place in container with tight-fitting lid until ready to use. Makes about 2½ cups. (Once you begin working with the icing, keep covered with a damp cloth to keep from drying and crusting on top.)

Tint 1 cup icing bright green; dilute with 2 to 3 teaspoons water or until thin enough to paint on easily. Set aside. Dilute remaining icing with 4 to 6 teaspoons water. With clean brush paint white the back of entire body piece, legs, arms and rectangles for drum. (Be careful to clear out holes before icing hardens.) Let dry completely. Turn over and paint front sides of pieces white. Let dry completely.

Make 2 more batches icing. Set aside 1½ cups white. Tint remaining icing bright red. (Paste colors are necessary to obtain a true red; red liquid food coloring will result in a bright pink.) Remove one cup red icing; cover and set aside. To the remaining red icing, add water a few drops at a time until thin enough to paint on easily.

Paint entire back of body, back of feet and back of arms red. Let dry completely. Turn over and paint front of arms and front of feet red (see photo). Using pattern as a guide, paint jacket front and hat red. Let dry.

To assemble drum: Arrange drum pieces side by side vertically. Place two 18-inch strips of masking tape 1¼ inches from top and bottom to mark borders. Paint borders green. Carefully remove masking tape; let dry completely.

Paint outside of shortening can with 1 cup undiluted white icing. Stick rectangles on can to form sides of drum. Tie with string at top and bottom to secure. Let dry completely. Fill in gaps between sections with icing, smooth with a spatula. Dry completely; remove string.

Place undiluted red icing in pastry bag fitted with ⅛-inch writing tube. Pipe lines around green borders, then pipe diagonal stripes as shown in photograph on page 96.

To decorate body: Spoon thick white icing into pastry bag fitted with ⅛-inch writing tip. Use to glue on the following: 2 strips black licorice lace for collar, 1-inch piece black licorice twist in center of collar, silver dragées for collar buttons, black licorice lace for jacket piping, green gumdrops for buttons (see photograph on page 96 and cover). Use icing to glue red licorice twists down the outside center of each leg and three silver dragées on outside of each boot.

To decorate hat: Pipe ⅛-inch strip on hat where red paint ends. Stick on 4 silver dragées as illustrated. For visor, line up 4 black licorice twists and cut to shape of semi-circle the width of the head. Glue with icing.

Trim ¼ inch off back of 3 spearmint leaves. Arrange on hat as shown in photo, placing 3 small red gumdrops in center. Glue with icing.

To decorate face: Use remaining white icing to glue on pink wafer cheeks, red lace mouth and red heart eyes. To make nose, slice pink jelly bean in half crosswise and glue wide end onto face.

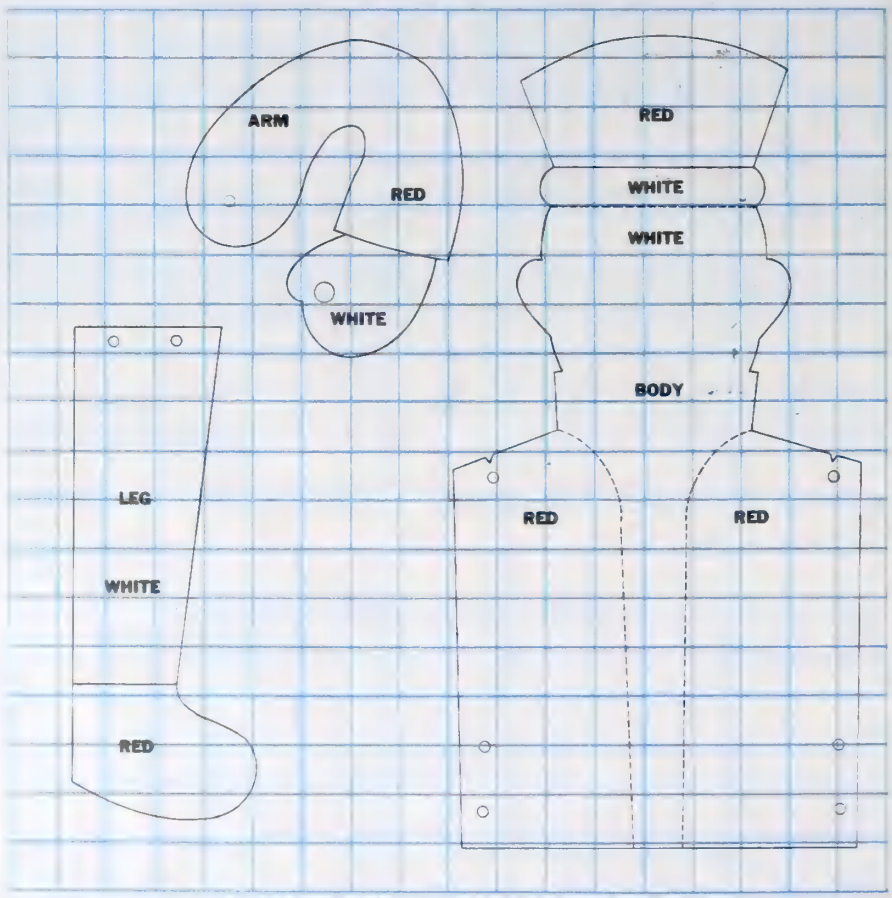
Fill pastry bag with remaining red icing. Still using ⅛-inch writing tip, pipe red around the border of face and neck as shown. Let dry.

To assemble: We suggest assembling drummer boy on surface where he'll be displayed, or assemble on appropriately sized baking sheet or tray covered with festive wrapping paper.

Cut red cord or ribbon into two 9-inch and two 12-inch pieces. Place the drum and another large can (for support) several inches apart. Carefully place the body, facing toward the drum, between the cans.

Thread one 12-inch piece of cord through the outside holes on leg. Thread through the leg holes on body piece and tie at back. Repeat with other leg.

Enlarge holes for candy canes. Thread the 9-inch cord pieces through the arm holes, then through holes at the shoulder and tie at back. Rest arm on drum. Repeat with other side. Place candy canes through holes in hands. Drummer boy is free standing. Fill drum with cookies and display your masterpiece. **End**



Pattern shown one-fourth actual size

WHO CAN SAY?

By Lenore Eversole Fisher

When is a picture finished?
When is the total blend
Of man's interpretation
In pigment, at an end?

When is Love most perfect?
Can anybody say
That it is now—or maybe
One brush-stroke away?

Unrivaled.



It slices like a pro. The big 7¼" serrated steel blade is like those on slicers in butcher shops. It whirrs right through giant hams and roasts.

It grips the counter top. A big suction cup makes the slicer stay put, so you do the big slicing jobs without shake or wobble.

It performs through thick and thin. You can slice wafer-thin for delicate vegetable curls or up to ¾" thick for French bread.

It's easy to clean. The motor comes off for easy, carefree clean-up in a hurry. The brilliant chrome finish won't stain or tarnish.

It's a cinch to use. Metal teeth hold meat securely on a sliding food tray for fast and precise slices. Safety features protect your fingers.

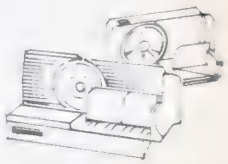
It grabs the counter edge. A counter brace holds fast, so the slicer won't crawl away from you.

There are more Rival home food slicers on the job than any other brand. They let you slice professionally at home and save money, because you can buy foods like bacon, meat, and cheese in bulk and slice them the way you like. They cost less, taste better, and stay fresh longer than pre-packaged foods.

And you'll be proud. Guests will think you hired a caterer.

When you give (or get) a food slicer, why settle for second best? Go first class, with our big chrome model or one of our good-looking fold-ups. They're all unrivaled.

RIVAL FOOD SLICERS



RIVAL makes things better for you.

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The flavor of High Point® did it.

WHAT IS A DECAFFEINATED PERSON? That's someone who knows how good it is to savor great coffee flavor without the caffeine—something *you've* always wanted—and the rich, robust flavor of High Point makes it happen.

HIGH POINT IS MADE IN A DIFFERENT WAY. We start with premium decaffeinated beans. Then High Point takes a patented extra step that mills some of the coffee into flakes glistening with flavor.

HIGH POINT LOOKS DIFFERENT; HIGH POINT TASTES DIFFERENT. High Point has an exclusive process that captures and preserves real coffee flavor. So, the glistening flakes you see mean real coffee flavor in your cup. High Point is 97% caffeine-free but so full of flavor you'll agree—High Point doesn't just decaffeinate coffee, it decaffeinates people, too!



Decaffeinate the ones you love with High Point—a quality product from Procter & Gamble.

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LADIES' HOME JOURNAL

FAVORITE CHRISTMAS COOKIES

Assembled for the first time, a keepsake collection of the *Journal's* favorite holiday cookies. Some will stroll you down memory lane; others, thrill you with never-before taste treats. In all, 77 recipes for munchable morsels from cranberry tarts to the best Scottish shortbread ever—for you to tear out and treasure.

HOLLY WREATHS

½ cup butter or margarine
30 large marshmallows
½ teaspoon vanilla extract
1½ teaspoons green food coloring
3½ cups corn flakes
Red cinnamon candies (1 to 2 tablespoons)

In heavy 2-quart saucepan melt butter or margarine and marshmallows over low heat, stirring constantly. Add vanilla and food coloring and stir until well blended. Fold in corn flakes. Drop by rounded greased tablespoon onto waxed paper-lined cookie sheets; shape into 2-inch wreaths. Decorate each with candies. Do not freeze. Makes about 25, about 80 calories each.

JOE FROGGERS

½ cup shortening
1 cup sugar
4½ cups all-purpose flour
1½ teaspoons salt
1½ teaspoons ground ginger
½ teaspoon ground cloves
½ teaspoon ground allspice
½ teaspoon nutmeg
1 cup light molasses
1 teaspoon baking soda
⅓ cup dark rum
3 tablespoons *hot* water

In large mixer bowl with mixer at medium speed, cream shortening and sugar until light and fluffy. Combine flour and next 5 ingredients; gradually add to creamed mixture. Combine molasses and soda. Add to mixture and beat until well mixed. Combine rum and water; pour into mixture and continue beating at low speed until well mixed. Cover and chill at least 2 hours.

Preheat oven to 375°F. Grease two cookie sheets. Divide dough into quarters. Work with one quarter at a time; keep remaining refrigerated. Roll out dough on pastry cloth or well floured surface ¼-inch thick. Cut into 4-inch circles. (Use a 4-inch plate as guide.) Transfer to cookie sheets. Bake 15 minutes. Cool on wire racks. Repeat with remaining and scraps. Makes 18 giant cookies, about 265 calories each.

SCOTTISH SHORTBREAD

Keeps indefinitely in a tin box.

2 cups unsalted butter, softened
1 cup sugar
5 cups all-purpose flour

Preheat oven to 275°F. Grease four 8-inch round cake pans; set aside. In large mixer bowl with electric mixer at medium speed, cream butter and sugar until light and fluffy. Beat in flour, 1 cup at a time, until well mixed. Divide dough into 4 equal pieces. Pat each piece evenly into bottom of pan. (If you only have 2 pans, refrigerate half the dough and bake half at a time.) With tines of fork, prick dough all over to prevent bubbles from forming during baking. Bake 1 hour or until pale and golden. (Do not allow to brown.) Cool in pans 10 minutes; remove from pans and cut each into 8 wedges. Makes 32, about 200 calories each.

ROSE'S CRESCENTS

Fragile, rich and fantastic.

Cookie
⅔ cup whole blanched almonds
½ cup unsalted butter, softened
½ cup margarine, softened
⅓ cup sugar
1⅔ cups all-purpose flour
¼ teaspoon salt
Topping
½ cup sugar
½ teaspoon cinnamon

Place half the almonds in blender container. Blend until finely chopped; re-

move. Repeat with remaining almonds; set aside. In large bowl combine butter, margarine, sugar and almonds. Beat with mixer at medium speed until light and fluffy, scraping bowl occasionally. Combine flour and salt; beat into creamed mixture until well mixed. Wrap and refrigerate until firm, about 2 hours.

Preheat oven to 325°F. Cut dough into eighths. Work with a small amount of dough at a time; keep remaining refrigerated. With floured hands roll pinches of dough into 2½x½-inch ropes; form into crescent shapes. Place on ungreased cookie sheet. Bake 12 to 14 minutes until set, but not brown. Cool on sheet 10 minutes, then roll in combined Topping ingredients. Repeat with remaining. Makes 4 dozen, about 85 calories each.

PEANUT BLOSSOMS

1¾ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
½ cup sugar
½ cup firmly packed light brown sugar
½ cup shortening
½ cup creamy peanut butter
1 egg
2 tablespoons milk
1 teaspoon vanilla extract
48 milk chocolate kisses, unwrapped

In large mixer bowl stir flour, soda and salt. Add remaining ingredients except candy and beat at low speed of mixer until well combined, scraping bowl occasionally. Chill dough 30 minutes.

Preheat oven to 375°F. Roll small amounts of dough into 1 inch balls. Place on ungreased cookie sheet and bake 12 minutes or until light brown. Remove from oven and immediately press a chocolate kiss into each center (the cookie cracks around the edge). Repeat with remaining dough. Makes 4 dozen, about 70 calories each.

FILBERTINES

½ cup butter or margarine, softened
½ cup sugar
1 egg
1⅓ cups all-purpose flour
½ teaspoon baking soda
⅛ teaspoon ground cardamom
½ cup filberts or hazelnuts, finely chopped

In large mixer bowl with mixer at medium speed, cream butter or margarine and sugar until light and fluffy, scraping bowl occasionally. Add egg and beat until well blended. Beat in flour, baking soda and cardamom. Chill for 1 hour. Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. Shape dough into 1-inch balls and roll in chopped nuts. Place on baking sheets, 2 inches apart. Bake 15 minutes or until lightly browned and firm to the touch. Cool on wire racks. Makes 28, about 70 calories each.



PFEFFERNUESSE

Translated as "pepper nut," this classic German cookie must be allowed to ripen for at least 2 weeks.

3 eggs
1 cup sugar
3 cups all-purpose flour
¼ teaspoon double-acting baking powder
¼ teaspoon salt
⅛ teaspoon white pepper
1 teaspoon cinnamon
⅛ teaspoon cloves
½ cup candied lemon peel, chopped
¼ cup whole blanched almonds, ground
½ cup confectioners' sugar
1 apple slice

In large mixer bowl with mixer at medium speed, beat eggs and sugar. Add next 6 ingredients and beat until well mixed, scraping bowl occasionally. Beat in lemon peel and almonds until well combined. Wrap, chill dough for 1 hour.

Preheat oven to 350°F. Grease 2 large cookie sheets. Roll dough out onto lightly floured surface, ¼-inch thick. With 1-inch round cookie cutter, cut out circles. Place on cookie sheets. Bake 1 minutes or until lightly browned. Rero any scraps. Cool on wire racks. Plac confectioners' sugar in bag, add cookie and shake until well coated. Becaus these cookies are very hard, place ther in a tightly covered container with a apple slice; allow to ripen for 2 to weeks (they'll soften). Do not freeze Makes about 16 dozen, about 15 calorie each.



LEMON CHERRY COOKIES

½ cup butter or margarine, softened
½ cup sugar
1 egg, separated
1 teaspoon grated lemon peel
1 tablespoon lemon juice
1 cup all-purpose flour
½ cup finely chopped pecans
24 candied red cherries

In small mixer bowl with mixer at me dium speed, cream butter or margarin and sugar until light and fluffy. Add eg yolk, lemon peel and juice; beat unt well blended. Gradually add flour an beat until well mixed. Wrap and chi dough for at least 3 hours or overnight

Preheat oven to 325°F. Divide doug into quarters. Divide each quarter int 6 pieces; roll each piece into a ball. Di in slightly beaten egg white and the into nuts. Place on ungreased cooki sheets. Insert a cherry into center each. Bake 15 minutes or until lightl brown on bottom. Cool on wire rack Makes 24, about 120 calories each.

ROGELACH

Traditional Jewish cookies.

1 cup unsalted butter, softened
2 packages (3 oz. each) cream cheese, softened
2¾ cups all-purpose flour
¼ teaspoon salt
¾ cup sugar
⅓ cup seedless raisins, chopped
¼ cup chopped walnuts
2 teaspoons cinnamon
1 egg yolk, slightly beaten

In large mixer bowl cream butter an cream cheese until light and fluffy. Ad flour and salt and continue mixing unt well combined. Wrap and chill doug for at least 2 hours.

Combine ½ cup sugar, raisins, nut and cinnamon. Preheat oven to 375°F Divide dough into 9 equal pieces. Wor with 1 piece at a time; keep remainin refrigerated. Roll dough into an 8-inc circle. Sprinkle with some sugar mi ture. Cut into 8 pie-shaped wedge Start at base of each wedge and roll t the point.

COOKIE TIP-SHEET

In baking, it's little things that make a good cookie better.

- **Read through the entire recipe to be sure you have all the ingredients and equipment on hand.**
- **Measure and assemble ingredients before baking.**
- **Spoon all-purpose flour lightly—pack brown sugar firmly. Both use dry measuring cups. Level with spatula.**
- **Preheat your oven for 10 to 15 minutes before you bake.**
- **To measure shortening or bulk butter, soften and pack firmly into dry measuring cup. Level with spatula; remove with rubber scraper.**
- **Don't use whipped butter or margarine in recipes.**
- **Remember: 1 stick of butter or margarine equals ½ cup.**
- **Cream sugar and butter well; once you add the flour, don't overbeat. Too much—and the cookies will be tough.**
- **Large eggs are preferable.**
- **When grating citrus peels, use only the colored portion (containing the oils and flavor).**
- **Recipes calling for "ground nuts" mean "a fine powder." A nut grinder works well. If using a food processor or blender, take care not to overdo it. Nuts can become pasty or buttery very quickly.**
- **Ground spices age, losing aroma and character. Store spices in airtight containers, away from heat and sunlight. Write the date on spice bottles as you purchase them.**
- **To flatten cookies, dip a flat-bottom glass in flour or sugar (whichever the recipe states).**
- **Most cookies should be removed immediately from the cookie sheet (unless otherwise stated).**
- **If cookies have cooled on the sheets and are hard to remove, return to the oven briefly to soften.**
- **To save time and energy, place 2 cookie sheets in oven at once. Rotate halfway through baking time.**

Place point-side down on ungreased cookie sheet. Brush with egg yolk and sprinkle with some of the remaining ¼ cup sugar. Bake 15 minutes or until golden brown. Remove to wire racks to cool completely. Repeat with remaining dough. Makes about 6 dozen, about 65 calories each.

ALMOND COOKIES

3½ cups all-purpose flour
2 cups sugar
1 teaspoon double-acting baking powder
1 cup butter, softened
1 cup margarine, softened
1 egg, beaten
2 teaspoons almond extract
1 teaspoon vanilla extract
1 cup whole, blanched almonds

In large mixer bowl combine flour, sugar and baking powder. Add butter, margarine, egg, almond and vanilla extracts; beat at low speed until well blended. Increase speed to medium and continue beating until dough is smooth, scraping bowl occasionally. Cover and chill dough for at least 2 hours.

Preheat oven to 375°F. Roll teaspoonfuls of dough into 1-inch balls. Place on cookie sheets 2 inches apart. Flatten dough with bottom of floured glass. Place almond in center of each. Bake 8 to 10 minutes or until lightly brown around the edges. Cool slightly on cookie sheets before removing to wire racks to finish cooling. Makes about 5 dozen, about 125 calories each.

SESAME WAFERS

The South knows these as benne wafers.

1 cup sesame seed
½ cup butter or margarine, softened
1½ cups firmly packed light brown sugar
1 egg
¾ cup all-purpose flour
¼ teaspoon double-acting baking powder
1 teaspoon vanilla extract

In small skillet toast sesame seed over medium heat, stirring occasionally, until lightly browned. Set aside to cool.

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. In small mixer bowl cream butter or margarine, sugar and egg until light and fluffy. Stir flour and baking powder together; add to creamed mixture and beat until well mixed. Add vanilla and sesame seed and continue beating until well combined. Drop batter by ½ teaspoonfuls onto cookie sheets about 1½ inches apart. Bake 8 to 10 minutes until slightly brown around edges. Cool slightly on cookie sheets. Remove and cool completely on wire racks. Makes about 10 to 11 dozen, about 40 calories each.

SPRINGERLE

This German cookie needs to be made at least 2 weeks in advance for aging and best flavor.

4 eggs
2 cups sugar
1 teaspoon anise extract
4¼ cups all-purpose flour
1 teaspoon baking soda

In large mixer bowl beat eggs at high speed of mixer until light and fluffy. Add sugar and continue beating at high speed for 15 minutes, scraping bowl occasionally. Beat in anise extract. Gradually add flour and baking soda and continue beating until well mixed. Chill dough for 1 hour. On well floured surface, roll dough into a ½-inch thick rectangle. Press springerle mold or springerle rolling pin into dough. Cut dough apart at pattern. Place on greased cookie sheets. Reroll scraps and repeat procedure. Let stand overnight at room temperature to dry.

The following day, preheat oven to 375°F. Place cookie sheets in oven and reduce temperature to 300°F. Bake 25 to 30 minutes until cookies turn white on top and bottoms are slightly golden. Let cool on wire rack. Store in tightly covered container for 2 to 4 weeks before serving to enhance flavor and to age. Do not freeze. Makes 3½ dozen, about 95 calories each.

HOLIDAY WREATHS

1⅓ cups butter or margarine, softened
¾ cup sugar
¼ teaspoon nutmeg
¼ teaspoon salt
⅛ teaspoon ground cardamom
1 egg, separated
¼ cup brandy
2¾ cups all-purpose flour
Green sugar crystals (about ¼ cup)
Glacé cherries

In small mixer bowl with mixer at medium speed, cream butter or margarine and sugar. Blend in nutmeg, salt and cardamom. Beat in egg yolk and brandy until light and fluffy. Gradually add flour just until well blended. Divide dough into 3 equal pieces. Wrap each well and chill 1 to 2 hours.

Preheat oven to 325°F. Grease 2 cookie sheets; set aside. Work with one piece of dough at a time; keep remaining refrigerated. Roll 1 tablespoon dough on floured surface into 5-inch rope. Place on cookie sheet and form into ring. Brush with beaten egg white. Sprinkle with green sugar. Decorate with 2 glacé cherry slivers to form a bow. Repeat with remaining dough. Bake 8 to 12 minutes or until barely set. Makes about 6 dozen, about 60 calories each.

CASHEW NUT COOKIES

Cookies
½ cup butter or margarine, softened
1 cup firmly packed light brown sugar
⅓ cup sour cream
1 egg, beaten
1 teaspoon vanilla extract
1¾ cups all-purpose flour
¾ teaspoon baking soda
¼ teaspoon salt
1 cup cashews, chopped
Icing
2 cups sifted confectioners' sugar
3 tablespoons butter or margarine, softened
Dash salt
½ teaspoon vanilla extract
¼ cup milk
Red and green food coloring
1 cup whole cashew nuts, about 5 ounces, for garnish

Preheat oven to 375°F. Grease 2 large cookie sheets. In large mixer bowl with mixer at medium speed, cream butter or margarine and brown sugar until light and fluffy. Add sour cream, egg and vanilla; beat until well mixed. Stir flour, soda and salt together; add to creamed mixture and beat until well combined. Fold in cashews. Drop dough by teaspoonfuls onto greased cookie sheet 2 inches apart. Bake 8 to 10 minutes or until lightly browned.

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move. Repeat with remaining almonds; set aside. In large bowl combine butter, margarine, sugar and almonds. Beat with mixer at medium speed until light and fluffy, scraping bowl occasionally. Combine flour and salt; beat into creamed mixture until well mixed. Wrap and refrigerate until firm, about 2 hours.

Preheat oven to 325°F. Cut dough into eighths. Work with a small amount of dough at a time; keep remaining refrigerated. With floured hands roll pinches of dough into 2½x½-inch ropes; form into crescent shapes. Place on ungreased cookie sheet. Bake 12 to 14 minutes until set, but not brown. Cool on sheet 10 minutes, then roll in combined Topping ingredients. Repeat with remaining. Makes 4 dozen, about 85 calories each.

PEANUT BLOSSOMS

1¾ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
½ cup sugar
½ cup firmly packed light brown sugar
½ cup shortening
½ cup creamy peanut butter
1 egg
2 tablespoons milk
1 teaspoon vanilla extract
48 milk chocolate kisses, unwrapped

In large mixer bowl stir flour, soda and salt. Add remaining ingredients except candy and beat at low speed of mixer until well combined, scraping bowl occasionally. Chill dough 30 minutes.

Preheat oven to 375°F. Roll small amounts of dough into 1 inch balls. Place on ungreased cookie sheet and bake 12 minutes or until light brown. Remove from oven and immediately press a chocolate kiss into each center (the cookie cracks around the edge). Repeat with remaining dough. Makes 4 dozen, about 70 calories each.

FILBERTINES

½ cup butter or margarine, softened
½ cup sugar
1 egg
1⅓ cups all-purpose flour
½ teaspoon baking soda
⅛ teaspoon ground cardamom
½ cup filberts or hazelnuts, finely chopped

In large mixer bowl with mixer at medium speed, cream butter or margarine and sugar until light and fluffy, scraping bowl occasionally. Add egg and beat until well blended. Beat in flour, baking soda and cardamom. Chill for 1 hour. Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. Shape dough into 1-inch balls and roll in chopped nuts. Place on baking sheets, 2 inches apart. Bake 15 minutes or until lightly browned and firm to the touch. Cool on wire racks. Makes 28, about 70 calories each.



PFEFFERNUESSE

Translated as "pepper nut," this classic German cookie must be allowed to ripen for at least 2 weeks.

3 eggs
1 cup sugar
3 cups all-purpose flour
¼ teaspoon double-acting baking powder
¼ teaspoon salt
⅛ teaspoon white pepper
1 teaspoon cinnamon
⅛ teaspoon cloves
½ cup candied lemon peel, chopped
¼ cup whole blanched almonds, ground
½ cup confectioners' sugar
1 apple slice

In large mixer bowl with mixer at medium speed, beat eggs and sugar. Add next 6 ingredients and beat until well mixed, scraping bowl occasionally. Beat in lemon peel and almonds until well combined. Wrap, chill dough for 1 hour.

Preheat oven to 350°F. Grease 2 large cookie sheets. Roll dough out onto lightly floured surface, ¼-inch thick. With 1-inch round cookie cutter, cut out circles. Place on cookie sheets. Bake 15 minutes or until lightly browned. Reroll any scraps. Cool on wire racks. Place confectioners' sugar in bag, add cookies and shake until well coated. Because these cookies are very hard, place them in a tightly covered container with an apple slice; allow to ripen for 2 to 3 weeks (they'll soften). Do not freeze. Makes about 16 dozen, about 15 calories each.



LEMON CHERRY COOKIES

½ cup butter or margarine, softened
½ cup sugar
1 egg, separated
1 teaspoon grated lemon peel
1 tablespoon lemon juice
1 cup all-purpose flour
½ cup finely chopped pecans
24 candied red cherries

In small mixer bowl with mixer at medium speed, cream butter or margarine and sugar until light and fluffy. Add egg yolk, lemon peel and juice; beat until well blended. Gradually add flour and beat until well mixed. Wrap and chill dough for at least 3 hours or overnight.

Preheat oven to 325°F. Divide dough into quarters. Divide each quarter into 6 pieces; roll each piece into a ball. Dip in slightly beaten egg white and then into nuts. Place on ungreased cookie sheets. Insert a cherry into center of each. Bake 15 minutes or until lightly brown on bottom. Cool on wire racks. Makes 24, about 120 calories each.

ROGELACH

Traditional Jewish cookies.

1 cup unsalted butter, softened
2 packages (3 oz. each) cream cheese, softened
2¾ cups all-purpose flour
¼ teaspoon salt
¾ cup sugar
⅓ cup seedless raisins, chopped
¼ cup chopped walnuts
2 teaspoons cinnamon
1 egg yolk, slightly beaten

In large mixer bowl cream butter and cream cheese until light and fluffy. Add flour and salt and continue mixing until well combined. Wrap and chill dough for at least 2 hours.

Combine ½ cup sugar, raisins, nuts and cinnamon. Preheat oven to 375°F. Divide dough into 9 equal pieces. Work with 1 piece at a time; keep remaining refrigerated. Roll dough into an 8-inch circle. Sprinkle with some sugar mixture. Cut into 8 pie-shaped wedges. Start at base of each wedge and roll to the point.

COOKIE TIP-SHEET

In baking, it's little things that make a good cookie better.

- **Read through the entire recipe to be sure you have all the ingredients and equipment on hand.**
- **Measure and assemble ingredients before baking.**
- **Spoon all-purpose flour lightly—pack brown sugar firmly. Both use dry measuring cups. Level with spatula.**
- **Preheat your oven for 10 to 15 minutes before you bake.**
- **To measure shortening or bulk butter, soften and pack firmly into dry measuring cup. Level with spatula; remove with rubber scraper.**
- **Don't use whipped butter or margarine in recipes.**
- **Remember: 1 stick of butter or margarine equals ½ cup.**
- **Cream sugar and butter well; once you add the flour, don't overbeat. Too much—and the cookies will be tough.**
- **Large eggs are preferable.**
- **When grating citrus peels, use only the colored portion (containing the oils and flavor).**
- **Recipes calling for "ground nuts" mean "a fine powder." A nut grinder works well. If using a food processor or blender, take care not to overdo it. Nuts can become pasty or buttery very quickly.**
- **Ground spices age, losing aroma and character. Store spices in airtight containers, away from heat and sunlight. Write the date on spice bottles as you purchase them.**
- **To flatten cookies, dip a flat-bottom glass in flour or sugar (whichever the recipe states).**
- **Most cookies should be removed immediately from the cookie sheet (unless otherwise stated).**
- **If cookies have cooled on the sheets and are hard to remove, return to the oven briefly to soften.**
- **To save time and energy, place 2 cookie sheets in oven at once. Rotate halfway through baking time.**

Place point-side down on ungreased cookie sheet. Brush with egg yolk and sprinkle with some of the remaining ¼ cup sugar. Bake 15 minutes or until golden brown. Remove to wire racks to cool completely. Repeat with remaining dough. Makes about 6 dozen, about 65 calories each.

ALMOND COOKIES

3½ cups all-purpose flour
2 cups sugar
1 teaspoon double-acting baking powder
1 cup butter, softened
1 cup margarine, softened
1 egg, beaten
2 teaspoons almond extract
1 teaspoon vanilla extract
1 cup whole, blanched almonds

In large mixer bowl combine flour, sugar and baking powder. Add butter, margarine, egg, almond and vanilla extracts; beat at low speed until well blended. Increase speed to medium and continue beating until dough is smooth, scraping bowl occasionally. Cover and chill dough for at least 2 hours.

Preheat oven to 375°F. Roll teaspoonfuls of dough into 1-inch balls. Place on cookie sheets 2 inches apart. Flatten dough with bottom of floured glass. Place almond in center of each. Bake 8 to 10 minutes or until lightly brown around the edges. Cool slightly on cookie sheets before removing to wire racks to finish cooling. Makes about 5 dozen, about 125 calories each.

SESAME WAFERS

The South knows these as benne wafers.

1 cup sesame seed
½ cup butter or margarine, softened
1½ cups firmly packed light brown sugar
1 egg
¾ cup all-purpose flour
¼ teaspoon double-acting baking powder
1 teaspoon vanilla extract

In small skillet toast sesame seed over medium heat, stirring occasionally, until lightly browned. Set aside to cool.

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. In small mixer bowl cream butter or margarine, sugar and egg until light and fluffy. Stir flour and baking powder together; add to creamed mixture and beat until well mixed. Add vanilla and sesame seed and continue beating until well combined. Drop batter by ½ teaspoonfuls onto cookie sheets about 1½ inches apart. Bake 8 to 10 minutes until slightly brown around edges. Cool slightly on cookie sheets. Remove and cool completely on wire racks. Makes about 10 to 11 dozen, about 40 calories each.

SPRINGERLE

This German cookie needs to be made at least 2 weeks in advance for aging and best flavor.

4 eggs
2 cups sugar
1 teaspoon anise extract
4¼ cups all-purpose flour
1 teaspoon baking soda

In large mixer bowl beat eggs at high speed of mixer until light and fluffy. Add sugar and continue beating at high speed for 15 minutes, scraping bowl occasionally. Beat in anise extract. Gradually add flour and baking soda and continue beating until well mixed. Chill dough for 1 hour. On well floured surface, roll dough into a ½-inch thick rectangle. Press springerle mold or springerle rolling pin into dough. Cut dough apart at pattern. Place on greased cookie sheets. Reroll scraps and repeat procedure. Let stand overnight at room temperature to dry.

The following day, preheat oven to 375°F. Place cookie sheets in oven and reduce temperature to 300°F. Bake 25 to 30 minutes until cookies turn white on top and bottoms are slightly golden. Let cool on wire rack. Store in tightly covered container for 2 to 4 weeks before serving to enhance flavor and to age. Do not freeze. Makes 3½ dozen, about 95 calories each.

HOLIDAY WREATHS

1⅓ cups butter or margarine, softened
¾ cup sugar
¼ teaspoon nutmeg
¼ teaspoon salt
⅛ teaspoon ground cardamom
1 egg, separated
¼ cup brandy
2¾ cups all-purpose flour
Green sugar crystals (about ¼ cup)
Glacé cherries

In small mixer bowl with mixer at medium speed, cream butter or margarine and sugar. Blend in nutmeg, salt and cardamom. Beat in egg yolk and brandy until light and fluffy. Gradually add flour just until well blended. Divide dough into 3 equal pieces. Wrap each well and chill 1 to 2 hours.

Preheat oven to 325°F. Grease 2 cookie sheets; set aside. Work with one piece of dough at a time; keep remaining refrigerated. Roll 1 tablespoon dough on floured surface into 5-inch rope. Place on cookie sheet and form into ring. Brush with beaten egg white. Sprinkle with green sugar. Decorate with 2 glacé cherry slivers to form a bow. Repeat with remaining dough. Bake 8 to 12 minutes or until barely set. Makes about 6 dozen, about 60 calories each.

CASHEW NUT COOKIES

Cookies
½ cup butter or margarine, softened
1 cup firmly packed light brown sugar
⅓ cup sour cream
1 egg, beaten
1 teaspoon vanilla extract
1¾ cups all-purpose flour
¾ teaspoon baking soda
¼ teaspoon salt
1 cup cashews, chopped
Icing
2 cups sifted confectioners' sugar
3 tablespoons butter or margarine, softened
Dash salt
½ teaspoon vanilla extract
¼ cup milk
Red and green food coloring
1 cup whole cashew nuts, about 5 ounces, for garnish

Preheat oven to 375°F. Grease 2 large cookie sheets. In large mixer bowl with mixer at medium speed, cream butter or margarine and brown sugar until light and fluffy. Add sour cream, egg and vanilla; beat until well mixed. Stir flour, soda and salt together; add to creamed mixture and beat until well combined. Fold in cashews. Drop dough by teaspoonfuls onto greased cookie sheet 2 inches apart. Bake 8 to 10 minutes or until lightly browned.

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Cool on wire racks. When cool, frost pink or green; top with cashew. Makes about 48, about 115 calories each.

Icing: In small mixer bowl combine all ingredients for icing except food coloring. Beat with mixer until smooth, scraping sides of bowl occasionally. Divide icing in half. Stir 3 drops red food coloring into one half; 3 drops green food coloring into remaining.

BERLINERKRANSER

A Norwegian holiday favorite.

4 egg yolks
¾ cup confectioners' sugar
1 cup butter, softened
2 cups all-purpose flour
1 egg white
¼ cup cube sugar, crushed
Red and green candied cherries, for garnish

In large mixer bowl combine egg yolks and confectioners' sugar. Beat at medium speed until light and fluffy, about 5 minutes, scraping bowl occasionally. Add butter, a little at a time, beating well after each addition. Add flour and beat until well mixed. Wrap and chill dough at least 3 hours or overnight.

Preheat oven to 350°F. Grease 2 large cookie sheets. Divide dough into quarters. Work with one quarter at a time; keep remaining refrigerated. Cut each quarter into 16 equal pieces. Roll each on lightly floured pastry cloth into 5-inch rope. Place on cookie sheet and form a loop with ½ inch extending at both ends. Brush with egg white and sprinkle on crushed sugar. Garnish with candied cherries, if desired. Bake 8 to 10 minutes until golden. Remove to wire racks to cool. Makes about 5 dozen, about 55 calories each.



LACE COOKIES

Reminiscent of a crunchy praline.

1 cup all-purpose flour
1 cup whole blanched almonds, ground
½ cup light corn syrup
½ cup butter or margarine
⅔ cup firmly packed light brown sugar
4 squares (1 oz. each) semisweet chocolate
1 teaspoon shortening

Preheat oven to 375°F. Grease 2 large cookie sheets. Combine flour and nuts; set aside.

In heavy 2-quart saucepan, combine corn syrup, butter or margarine and brown sugar. Heat to boiling over medium heat, stirring constantly. Remove from heat and gradually stir in flour and nuts. Drop batter by level teaspoonfuls onto baking sheet 3 inches apart. Bake only 6 cookies at a time 5 to 6 minutes. (If batter stiffens, soften over low heat, stirring constantly.) Let rest 1 minute on cookie sheet. Remove and bend cookies around a greased rolling pin.* If cookies become too firm to roll, return to oven briefly to soften. Let cool completely on wire racks.

In small saucepan melt chocolate and shortening over low heat. With tines of a fork drizzle melted chocolate on cookies in lacy pattern. Makes about 4 dozen, about 80 calories each.

*Or, use a greased, foil-covered cardboard tube from a roll of paper towels.



CARAMELITAS

1 cup plus 3 tablespoons all-purpose flour
1 cup quick oats, uncooked
¾ cup firmly packed light brown sugar
½ teaspoon baking soda
¼ teaspoon salt
¾ cup butter or margarine, melted
1 jar (12.25 oz.) caramel topping
1 package (6 oz.) semisweet chocolate pieces
½ cup walnuts, chopped

Preheat oven to 350°F. In large mixer bowl combine 1 cup flour and next 5 ingredients; beat at low speed until well mixed. Evenly pat into an ungreased 13x9-inch baking pan. Bake 10 minutes. Meanwhile, stir caramel topping and remaining 3 tablespoons flour until well mixed. Remove pan from oven; sprinkle on chocolate pieces and walnuts. Drizzle on caramel mixture. Return pan to oven, continue baking 20 to 25 minutes more or until browned. Cool before cutting into 36 bars (2¾x1-inch), about 105 calories each.

SWEDISH CONES

Difficult to make, but spectacular when filled with flavored whipped cream.

2 eggs
⅓ cup superfine sugar
3 tablespoons all-purpose flour
¼ teaspoon vanilla extract

Preheat oven to 400°F. Grease and flour 2 large cookie sheets. In small mixer bowl with mixer at medium speed, beat eggs and sugar until light and fluffy, scraping bowl occasionally. Gradually add flour and beat until well blended. Add vanilla and continue beating until well mixed.

Bake only 2 cookies per sheet. For each cookie, place 2 tablespoons batter on cookie sheet and spread with back of spoon to a 4 to 5-inch circle. Bake 5 to 6 minutes or until golden brown around edges. Remove from oven and let cool on cookie sheets 30 seconds. With spatula or knife lift off cookie and roll into a cone shape around a greased wooden cone (krumkake roller). Or roll into a cone shape and prop open with spoon. (If cookie hardens, return to oven on cookie sheet for just a few seconds.) Let cool, seam-side down. Repeat, making 10 more cookies, greasing and flouring cookie sheets each time. Makes 1 dozen, about 45 calories each without filling.

TEA CAKES

This cake is really a cookie that is a universal favorite.

1 cup butter or margarine, softened
1½ cups confectioners' sugar
1 tablespoon water
1 teaspoon vanilla extract
2¼ cups sifted all-purpose flour
¾ cup pecans, finely chopped

Preheat oven to 400°F. In large bowl with mixer at medium speed, cream butter or margarine and ½ cup sugar until light and fluffy. Add water and vanilla. Gradually add flour and nuts, beating until well mixed. Chill for 30 minutes or until firm. Roll dough into 1-inch balls. Place on ungreased cookie sheets about 1 inch apart. Bake 10 minutes or until light brown on bottom. Cool on wire racks about 10 minutes; then roll in remaining 1 cup confectioners' sugar. When completely cool, roll again in remaining confectioners' sugar. Makes about 4 dozen, about 80 calories each.



CHOCOLATE MERINGUES

Only 25 calories each.

3 egg whites, at room temperature
1 cup sugar
6 squares (1 oz. each) unsweetened chocolate, melted and cooled
½ teaspoon vanilla extract

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. In small mixer bowl beat egg whites until stiff but not dry. Add sugar, 1 tablespoon at a time, and continue beating at high speed until smooth and glossy and sugar is dissolved. Fold in chocolate and vanilla. Drop by rounded teaspoonfuls onto cookie sheets. Bake 15 minutes. Remove to wire racks to cool. Do not freeze. Makes 5 dozen, about 25 calories each.

MADELEINES

1½ cups unsalted butter (to equal 1 cup clarified butter)
4 eggs, at room temperature
1½ cups sugar
1 teaspoon grated lemon peel
1 teaspoon vanilla extract
2 cups all-purpose flour

To clarify butter: In small heavy saucepan melt butter over low heat. Skim off foam as it rises to surface (reserve for another use). Pour clear golden liquid into small bowl, leaving any sediment in pan; set aside.

Preheat oven to 450°F. Grease madeleine molds well; set aside.

In large mixer bowl combine eggs, sugar and lemon peel. Beat at high speed until mixture is light, fluffy and tripled in volume, scraping sides occasionally. Add vanilla. Gradually fold in flour, then clarified butter.

Using spoon or pastry bag fill molds ⅔ full. Bake 10 minutes or until golden. Remove immediately from pans. Cool on wire racks. Continue with remaining batter, greasing molds after each batch. Makes 6 dozen, about 70 calories each.

DUTCH FRUIT BARS

1½ cups butter or margarine, softened
1 cup sugar
2 eggs
½ teaspoon grated lemon peel
3½ cups unsifted all-purpose flour
⅛ teaspoon salt
½ cup honey
2 tablespoons heavy cream
1 teaspoon vanilla extract
1 cup (4 oz.) sliced almonds
¾ cup mixed candied fruits

Preheat oven to 350°F. Adjust oven rack to bottom third of oven. Grease 15½x10½-inch jelly-roll pan. In large mixer bowl with mixer at medium speed, cream 1 cup butter or margarine and ½ cup sugar. Beat in eggs and lemon peel until light and fluffy. Add flour and salt and continue mixing just until well combined. Press dough evenly into pan making ¼-inch high rim around the edge. (This can be done by covering dough with waxed paper the size of pan and smoothing with hand; remove waxed paper.) Bake 25 to 30 minutes or until top is lightly browned and dough is firm to the touch.

Five minutes before crust is done, melt remaining ½ cup butter or margarine in medium saucepan. Add honey, remaining ½ cup sugar, cream and vanilla. Heat to boiling; boil 5 minutes, stirring occasionally. Stir in almonds and fruit. Pour over baked crust in pan and spread evenly. Return to oven and bake 10 more minutes. Cool on wire rack. Cut into 2x1¼-inch diamond-shaped pieces. Makes 4½ dozen, about 135 calories each.

CRANBERRY DROPS

¼ cup shortening, softened
¾ cup firmly packed light brown sugar
3 tablespoons milk
½ teaspoon vanilla extract
1 egg
1½ teaspoons grated orange peel
1½ cups all-purpose flour
½ teaspoon baking soda
¼ teaspoon salt
½ cup chopped walnuts
¾ cup chopped cranberries

Preheat oven to 375°F. Grease 2 large cookie sheets. In large mixer bowl with mixer at medium speed, cream shortening and sugar. Beat in milk, vanilla, egg and orange peel. Combine dry ingredients in large bowl. Gradually mix into creamed mixture just until combined. Carefully fold in nuts and cranberries. Drop batter by rounded teaspoonfuls onto cookie sheet about 2 inches apart. Bake 10 to 12 minutes. Makes about 3½ dozen, about 55 calories each.

VIENNESE CRESCENTS

½ cup unsalted butter, softened
6 tablespoons sugar
1¼ cups all-purpose flour
1 cup (6 oz.) ground walnuts
Dash salt
1 teaspoon vanilla extract
Confectioners' sugar

Preheat oven to 325°F. In medium bowl cream butter and sugar. Mix in remaining ingredients except confectioners' sugar to make a smooth dough. Roll dough to ¼-inch thick. Cut out with crescent-shape cookie cutter. Reroll scraps of dough. Bake on ungreased cookie sheets about 10 to 12 minutes or until just set. Let stand 2 minutes before removing to wire rack. Cool. Sprinkle with confectioners' sugar. Makes about 3½ dozen, about 70 calories each.

BOURBON BALLS

No-bake Southern favorites.

1 package (12 oz.) vanilla wafers, finely crushed (3 cups)
1 cup confectioners' sugar
1 cup finely chopped pecans
¼ cup light corn syrup
2 tablespoons unsweetened cocoa
½ cup bourbon
½ cup granulated sugar

In large bowl thoroughly mix all ingredients except granulated sugar. Shape into 1-inch balls; roll in granulated sugar. Store in tightly covered container for at least 3 days before serving to allow flavors to mellow. Keeps up to 2 weeks. Do not freeze. Makes about 3½ dozen balls, about 85 calories each.

MADRID TWISTS

⅓ cup butter or margarine, softened
⅔ cup sugar
2 eggs (one separated)
1½ teaspoons grated orange peel
2 cups all-purpose flour
¼ teaspoon salt

In small mixer bowl with mixer at medium speed, cream butter or margarine and sugar. Mix in whole egg, egg yolk and orange peel. Reserve egg white. Gradually stir in flour and salt just until mixed. Form dough into a ball. Wrap and refrigerate for at least 1 hour.

Preheat oven to 325°F. Grease 2 large cookie sheets. Divide dough into quarters. Work with one quarter at a time; keep remaining refrigerated. Cut each quarter into 12 pieces. Roll each on lightly floured surface into 5-inch rope. Place on cookie sheet and bend in the middle; then twist one end tightly around the other. Brush with beaten egg white. Bake 10 to 12 minutes. Makes 4 dozen, about 40 calories each.

FRUITCAKE COOKIES

¼ cup shortening
¼ cup butter or margarine, softened
½ cup firmly packed light brown sugar
2 eggs, well beaten
2½ cups all-purpose flour
½ teaspoon baking soda
½ teaspoon cinnamon
½ cup dark rum
1½ cups (8 oz.) golden seedless raisins
¾ cup (4 oz.) pitted chopped dates
3 slices candied pineapple (1 each of red, yellow and green), chopped
3 cups chopped pecans
¾ cup (4 oz.) candied cherries, halved

Preheat oven to 300°F. Grease 2 large cookie sheets; set aside. In large mixer bowl with mixer at medium speed, cream shortening and butter or margarine and sugar. Mix in beaten eggs until light and fluffy. In medium bowl

Tip #1

Cool your cookie sheets before using again. That'll keep your dough from spreading too much.



Cool on wire racks. When cool, frost pink or green; top with cashew. Makes about 48, about 115 calories each.

Icing: In small mixer bowl combine all ingredients for icing except food coloring. Beat with mixer until smooth, scraping sides of bowl occasionally. Divide icing in half. Stir 3 drops red food coloring into one half; 3 drops green food coloring into remaining.

BERLINERKRANSER

A Norwegian holiday favorite.

4 egg yolks
¾ cup confectioners' sugar
1 cup butter, softened
2 cups all-purpose flour
1 egg white
¼ cup cube sugar, crushed
Red and green candied cherries, for garnish

In large mixer bowl combine egg yolks and confectioners' sugar. Beat at medium speed until light and fluffy, about 5 minutes, scraping bowl occasionally. Add butter, a little at a time, beating well after each addition. Add flour and beat until well mixed. Wrap and chill dough at least 3 hours or overnight.

Preheat oven to 350°F. Grease 2 large cookie sheets. Divide dough into quarters. Work with one quarter at a time; keep remaining refrigerated. Cut each quarter into 16 equal pieces. Roll each on lightly floured pastry cloth into 5-inch rope. Place on cookie sheet and form a loop with ½ inch extending at both ends. Brush with egg white and sprinkle on crushed sugar. Garnish with candied cherries, if desired. Bake 8 to 10 minutes until golden. Remove to wire racks to cool. Makes about 5 dozen, about 55 calories each.



LACE COOKIES

Reminiscent of a crunchy praline.

1 cup all-purpose flour
1 cup whole blanched almonds, ground
½ cup light corn syrup
½ cup butter or margarine
⅔ cup firmly packed light brown sugar
4 squares (1 oz. each) semisweet chocolate
1 teaspoon shortening

Preheat oven to 375°F. Grease 2 large cookie sheets. Combine flour and nuts; set aside.

In heavy 2-quart saucepan, combine corn syrup, butter or margarine and brown sugar. Heat to boiling over medium heat, stirring constantly. Remove from heat and gradually stir in flour and nuts. Drop batter by level teaspoonfuls onto baking sheet 3 inches apart. Bake only 6 cookies at a time 5 to 6 minutes. (If batter stiffens, soften over low heat, stirring constantly.) Let rest 1 minute on cookie sheet. Remove and bend cookies around a greased rolling pin.* If cookies become too firm to roll, return to oven briefly to soften. Let cool completely on wire racks.

In small saucepan melt chocolate and shortening over low heat. With tines of a fork drizzle melted chocolate on cookies in lacy pattern. Makes about 4 dozen, about 80 calories each.

*Or, use a greased, foil-covered cardboard tube from a roll of paper towels.



CARAMELITAS

1 cup plus 3 tablespoons all-purpose flour
1 cup quick oats, uncooked
¾ cup firmly packed light brown sugar
½ teaspoon baking soda
¼ teaspoon salt
¾ cup butter or margarine, melted
1 jar (12.25 oz.) caramel topping
1 package (6 oz.) semisweet chocolate pieces
½ cup walnuts, chopped

Preheat oven to 350°F. In large mixer bowl combine 1 cup flour and next 5 ingredients; beat at low speed until well mixed. Evenly pat into an ungreased 13x9-inch baking pan. Bake 10 minutes. Meanwhile, stir caramel topping and remaining 3 tablespoons flour until well mixed. Remove pan from oven; sprinkle on chocolate pieces and walnuts. Drizzle on caramel mixture. Return pan to oven, continue baking 20 to 25 minutes more or until browned. Cool before cutting into 36 bars (2¾x1-inch), about 105 calories each.

SWEDISH CONES

Difficult to make, but spectacular when filled with flavored whipped cream.

2 eggs
⅓ cup superfine sugar
3 tablespoons all-purpose flour
¼ teaspoon vanilla extract

Preheat oven to 400°F. Grease and flour 2 large cookie sheets. In small mixer bowl with mixer at medium speed, beat eggs and sugar until light and fluffy, scraping bowl occasionally. Gradually add flour and beat until well blended. Add vanilla and continue beating until well mixed.

Bake only 2 cookies per sheet. For each cookie, place 2 tablespoons batter on cookie sheet and spread with back of spoon to a 4 to 5-inch circle. Bake 5 to 6 minutes or until golden brown around edges. Remove from oven and let cool on cookie sheets 30 seconds. With spatula or knife lift off cookie and roll into a cone shape around a greased wooden cone (krumkake roller). Or roll into a cone shape and prop open with spoon. (If cookie hardens, return to oven on cookie sheet for just a few seconds.) Let cool, seam-side down. Repeat, making 10 more cookies, greasing and flouring cookie sheets each time. Makes 1 dozen, about 45 calories each without filling.

TEA CAKES

This cake is really a cookie that is a universal favorite.

1 cup butter or margarine, softened
1½ cups confectioners' sugar
1 tablespoon water
1 teaspoon vanilla extract
2¼ cups sifted all-purpose flour
¾ cup pecans, finely chopped

Preheat oven to 400°F. In large bowl with mixer at medium speed, cream butter or margarine and ½ cup sugar until light and fluffy. Add water and vanilla. Gradually add flour and nuts, beating until well mixed. Chill for 30 minutes or until firm. Roll dough into 1-inch balls. Place on ungreased cookie sheets about 1 inch apart. Bake 10 minutes or until light brown on bottom. Cool on wire racks about 10 minutes; then roll in remaining 1 cup confectioners' sugar. When completely cool, roll again in remaining confectioners' sugar. Makes about 4 dozen, about 80 calories each.



CHOCOLATE MERINGUES

Only 25 calories each.

3 egg whites, at room temperature
1 cup sugar
6 squares (1 oz. each) unsweetened chocolate, melted and cooled
½ teaspoon vanilla extract

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. In small mixer bowl beat egg whites until stiff but not dry. Add sugar, 1 tablespoon at a time, and continue beating at high speed until smooth and glossy and sugar is dissolved. Fold in chocolate and vanilla. Drop by rounded teaspoonfuls onto cookie sheets. Bake 15 minutes. Remove to wire racks to cool. Do not freeze. Makes 5 dozen, about 25 calories each.

MADELEINES

1½ cups unsalted butter (to equal 1 cup clarified butter)
4 eggs, at room temperature
1½ cups sugar
1 teaspoon grated lemon peel
1 teaspoon vanilla extract
2 cups all-purpose flour

To clarify butter: In small heavy saucepan melt butter over low heat. Skim off foam as it rises to surface (reserve for another use). Pour clear golden liquid into small bowl, leaving any sediment in pan; set aside.

Preheat oven to 450°F. Grease madeleine molds well; set aside.

In large mixer bowl combine eggs, sugar and lemon peel. Beat at high speed until mixture is light, fluffy and tripled in volume, scraping sides occasionally. Add vanilla. Gradually fold in flour, then clarified butter.

Using spoon or pastry bag fill molds ⅔ full. Bake 10 minutes or until golden. Remove immediately from pans. Cool on wire racks. Continue with remaining batter, greasing molds after each batch. Makes 6 dozen, about 70 calories each.

DUTCH FRUIT BARS

1½ cups butter or margarine, softened
1 cup sugar
2 eggs
½ teaspoon grated lemon peel
3½ cups unsifted all-purpose flour
⅛ teaspoon salt
½ cup honey
2 tablespoons heavy cream
1 teaspoon vanilla extract
1 cup (4 oz.) sliced almonds
¾ cup mixed candied fruits

Preheat oven to 350°F. Adjust oven rack to bottom third of oven. Grease 15½x10½-inch jelly-roll pan. In large mixer bowl with mixer at medium speed, cream 1 cup butter or margarine and ½ cup sugar. Beat in eggs and lemon peel until light and fluffy. Add flour and salt and continue mixing just until well combined. Press dough evenly into pan making ¼-inch high rim around the edge. (This can be done by covering dough with waxed paper the size of pan and smoothing with hand; remove waxed paper.) Bake 25 to 30 minutes or until top is lightly browned and dough is firm to the touch.

Five minutes before crust is done, melt remaining ½ cup butter or margarine in medium saucepan. Add honey, remaining ½ cup sugar, cream and vanilla. Heat to boiling; boil 5 minutes, stirring occasionally. Stir in almonds and fruit. Pour over baked crust in pan and spread evenly. Return to oven and bake 10 more minutes. Cool on wire rack. Cut into 2x1¼-inch diamond-shaped pieces. Makes 4½ dozen, about 135 calories each.

CRANBERRY DROPS

¼ cup shortening, softened
¾ cup firmly packed light brown sugar
3 tablespoons milk
½ teaspoon vanilla extract
1 egg
1½ teaspoons grated orange peel
1½ cups all-purpose flour
½ teaspoon baking soda
¼ teaspoon salt
½ cup chopped walnuts
¾ cup chopped cranberries

Preheat oven to 375°F. Grease 2 large cookie sheets. In large mixer bowl with mixer at medium speed, cream shortening and sugar. Beat in milk, vanilla, egg and orange peel. Combine dry ingredients in large bowl. Gradually mix into creamed mixture just until combined. Carefully fold in nuts and cranberries. Drop batter by rounded teaspoonfuls onto cookie sheet about 2 inches apart. Bake 10 to 12 minutes. Makes about 3½ dozen, about 55 calories each.

VIENNESE CRESCENTS

½ cup unsalted butter, softened
6 tablespoons sugar
1¼ cups all-purpose flour
1 cup (6 oz.) ground walnuts
Dash salt
1 teaspoon vanilla extract
Confectioners' sugar

Preheat oven to 325°F. In medium bowl cream butter and sugar. Mix in remaining ingredients except confectioners' sugar to make a smooth dough. Roll dough to ¼-inch thick. Cut out with crescent-shape cookie cutter. Reroll scraps of dough. Bake on ungreased cookie sheets about 10 to 12 minutes or until just set. Let stand 2 minutes before removing to wire rack. Cool. Sprinkle with confectioners' sugar. Makes about 3½ dozen, about 70 calories each.

BOURBON BALLS

No-bake Southern favorites.

1 package (12 oz.) vanilla wafers, finely crushed (3 cups)
1 cup confectioners' sugar
1 cup finely chopped pecans
¼ cup light corn syrup
2 tablespoons unsweetened cocoa
½ cup bourbon
½ cup granulated sugar

In large bowl thoroughly mix all ingredients except granulated sugar. Shape into 1-inch balls; roll in granulated sugar. Store in tightly covered container for at least 3 days before serving to allow flavors to mellow. Keeps up to 2 weeks. Do not freeze. Makes about 3½ dozen balls, about 85 calories each.

MADRID TWISTS

⅓ cup butter or margarine, softened
⅔ cup sugar
2 eggs (one separated)
1½ teaspoons grated orange peel
2 cups all-purpose flour
¼ teaspoon salt

In small mixer bowl with mixer at medium speed, cream butter or margarine and sugar. Mix in whole egg, egg yolk and orange peel. Reserve egg white. Gradually stir in flour and salt just until mixed. Form dough into a ball. Wrap and refrigerate for at least 1 hour.

Preheat oven to 325°F. Grease 2 large cookie sheets. Divide dough into quarters. Work with one quarter at a time; keep remaining refrigerated. Cut each quarter into 12 pieces. Roll each on lightly floured surface into 5-inch rope. Place on cookie sheet and bend in the middle; then twist one end tightly around the other. Brush with beaten egg white. Bake 10 to 12 minutes. Makes 4 dozen, about 40 calories each.

FRUITCAKE COOKIES

¼ cup shortening
¼ cup butter or margarine, softened
½ cup firmly packed light brown sugar
2 eggs, well beaten
2½ cups all-purpose flour
½ teaspoon baking soda
½ teaspoon cinnamon
½ cup dark rum
1½ cups (8 oz.) golden seedless raisins
¾ cup (4 oz.) pitted chopped dates
3 slices candied pineapple (1 each of red, yellow and green), chopped
3 cups chopped pecans
¾ cup (4 oz.) candied cherries, halved

Preheat oven to 300°F. Grease 2 large cookie sheets; set aside. In large mixer bowl with mixer at medium speed, cream shortening and butter or margarine and sugar. Mix in beaten eggs until light and fluffy. In medium bowl

Tip #1

Cool your cookie sheets before using again. That'll keep your dough from spreading too much.



combine 2 cups flour, baking soda and cinnamon. Add to creamed mixture alternately with rum; mix well. Mix remaining ½ cup flour with fruits and nuts (except cherries). Fold into dough. Form by tablespoonful into balls; place on cookie sheet. Top each with cherry half. Bake 15 minutes or until barely set. Makes about 6½ dozen, about 95 calories each.

JAM CRESCENTS

2½ cups all-purpose flour
¼ cup sugar
Pinch salt
1 package (8 oz.) cream cheese
1 cup butter or margarine
2 tablespoons sour cream
¾ cup blackberry, strawberry or your choice of preserves

In large bowl mix flour, sugar and salt. With pastry blender or 2 knives used scissor fashion, cut in cream cheese and butter or margarine until mixture resembles cornmeal. With fork stir in sour cream until pastry just holds together. Form into a ball. Wrap and refrigerate at least 1 hour.

Preheat oven to 325°F. Grease 2 large cookie sheets. Divide dough into quarters. Work with one quarter at a time; keep remaining refrigerated. On floured surface roll dough into 10-inch square. With 3-inch round cookie cutter cut out circles. Place 1 teaspoon preserves in center of each. Moisten edge, fold dough over preserves. Seal edge by pressing with a fork dipped in flour; prick top. Place on greased cookie sheets. Repeat with remaining dough. Bake 18 to 20 minutes or until golden brown. Remove to wire rack to cool. Makes about 3 dozen, about 125 calories each.

LINZER SQUARES

Our version of the classic Linzer torte.

1½ cups plus 2 tablespoons all-purpose flour
¾ cup sugar
½ teaspoon double-acting baking powder
¼ teaspoon salt
½ cup (2½ oz.) ground filberts (hazelnuts) or almonds
½ cup butter or margarine, softened
1 tablespoon grated lemon peel
1 egg, beaten
¾ cup thick raspberry jam
1 egg yolk
1 teaspoon water

Grease 9-inch square pan. Into large mixer bowl measure 1½ cups flour. Add sugar, baking powder, salt, nuts and butter or margarine; mix at medium speed until well combined. Add lemon peel and egg, stirring with fork until dry ingredients are moistened. Reserve ½ cup dough.

Pat remaining dough into prepared pan; set aside. Stir remaining 2 tablespoons flour into reserved dough. Roll between 2 sheets of waxed paper into 9-inch square. Place in freezer 5 minutes to firm dough.

Preheat oven to 375°F. Spread jam over dough in pan, leaving a ¼ inch border. Remove reserved dough from freezer. Peel off top piece of waxed paper; discard. (Dough is still on a sheet of waxed paper for easier handling.) Cut into 18 strips ½ inch wide. Place 9 strips parallel over the jam, ½ inch apart. Place the remaining 9 strips crosswise over the first strips, ½ inch apart, forming a lattice top. (If necessary, return strips to freezer for easier handling; they are very soft and delicate.) In small bowl stir egg yolk and water together; brush dough strips with mixture. Bake 30 minutes or until top is golden brown. Cool completely on wire rack in pan. Cut into squares. Makes about 3 dozen, about 95 calories each.

CHRISTMAS SHORTBREAD

½ cup unsalted butter, softened
¼ cup sugar
1¼ cups all-purpose flour
¾ cup semisweet chocolate pieces
2 tablespoons pistachios, coarsely chopped

Preheat oven to 275°F. Grease an 8-inch square baking pan; set aside. In small bowl with mixer at medium speed, cream butter and sugar until light and fluffy. Beat in flour until well mixed. Pat dough evenly into bottom of pan. With fork prick dough all over to prevent bubbles from forming during baking. Bake one hour or until pale and golden (do not allow to brown). Remove from oven.

Immediately sprinkle chocolate pieces on top. Let stand 3 to 5 minutes until chocolate melts. (The chocolate pieces do not lose their shape when they are melted in this way. To test, touch one to see if it's soft.) Spread evenly over top until smooth; sprinkle with nuts. Refrigerate until chocolate sets. Cut into bars. Makes 2 dozen, about 95 calories each.

FREEZING INFORMATION

Our Favorite Christmas Cookies can be successfully frozen unless otherwise indicated.

To freeze: Wrap cooled cookies well in foil or plastic wrap or place in freezer container. Label, date and freeze up to 3 months.

OLD FASHIONED SUGAR COOKIES

1 cup butter or margarine, softened
1 cup confectioners' sugar
1 cup granulated sugar
2 eggs
1 cup melted shortening
2 teaspoons vanilla extract
1 teaspoon grated lemon peel
4¼ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon cream of tartar
1 teaspoon salt
Colored sugar (for decoration)

In large mixer bowl with mixer at medium speed, cream butter or margarine and sugars. Beat in eggs, one at a time, until light and fluffy. Add shortening, vanilla and lemon peel. Beat until well mixed. In large bowl combine flour, baking soda, cream of tartar and salt. Gradually add dry ingredients to creamed mixture; beat until well blended. Wrap and chill dough for several hours.

Preheat oven to 325°F. Grease 2 large cookie sheets. Divide dough into thirds. Form heaping teaspoonfuls of dough into balls. Place on cookie sheet. Flatten to a 2-inch diameter with bottom of a glass dipped in granulated sugar. Sprinkle with colored sugar. Bake 8 to 10 minutes or until just set. Let stand on baking sheet for 2 to 3 minutes before removing. Makes about 7 dozen, about 80 calories each.

SARAH BERNHARDTS

We stumbled across this cookie in a bakery and loved it. So we made our own version. Don't ask us why the name, but the Divine Sarah would have adored them.

Macaroons
1 can (8 oz.) almond paste
3 egg whites
¾ cup sugar
½ teaspoon almond extract
Dash salt

Chocolate Filling
9 squares (1 oz. each) semisweet chocolate
½ cup unsalted butter, softened
3 egg yolks
3 tablespoons rum

Chocolate Glaze
6 ounces confectioners' chocolate or 6 ounces (1½ bars) sweet cooking chocolate

To make macaroons: Preheat oven to 350°F. Line 2 large cookie sheets with foil; do not grease. Set aside.

Fit a pastry bag with a #8 star-shaped tip. In large mixer bowl combine almond paste, egg whites, sugar, extract and salt. Beat with mixer at medium speed until well combined and smooth. Increase speed to high and beat 2 minutes. Spoon mixture into pastry bag. (We found it much easier to fill a pastry

bag by supporting it in a tall container such as a blender jar.)

Holding pastry bag at 90° angle to foil-lined cookie sheet, press batter into 1¼ inch rounds. Bake 10 to 15 minutes, until a very pale golden color. Slide foil from cookie sheet to wire racks to cool for about 2 minutes. Then, using knife, carefully remove cookies from foil. Place macaroons on waxed paper-lined jelly-roll pan.

To make filling: While cookies bake, prepare filling. Melt chocolate in top of double boiler over hot, not boiling, water. Remove from heat. With wire whisk or wooden spoon, beat in butter until well mixed. Add egg yolks and rum and continue beating until smooth. Let stand 30 minutes or longer until slightly thickened, stirring occasionally. Spread 1 teaspoon filling on bottom of each macaroon. Refrigerate filling side up on jelly-roll pan until firm, about 1 hour.

For glaze: This is the tedious part. For best results, the chocolate should not be too hot. Work with small quantity at a time. Melt confectioners' chocolate in top of double boiler over hot, not boiling, water until smooth. Remove from heat. Spoon a small amount of chocolate into a small, flat bowl. (Keep remaining chocolate in pan over hot water, but keep pan off the heat.) Stir chocolate in small bowl until cool. Test by dabbing a small amount on your wrist. It should feel lukewarm. Dip cookies one at a time into chocolate, filling side down, rotating each to coat completely. Quickly turn the cookie over and place on waxed paper-lined jelly-roll pan. Repeat, dipping all cookies. Refrigerate until set. Store in tightly covered container in refrigerator. Do not freeze. Makes 5 dozen, about 80 calories each.



POPPY SEED COOKIES

1 cup butter or margarine, softened
1 cup sugar
1 egg
1 teaspoon vanilla extract
1 cup (5 oz.) poppy seeds
2¼ cups all-purpose flour
½ teaspoon cinnamon
¼ teaspoon mace
¼ teaspoon salt

In large mixer bowl with mixer at medium speed, cream butter or margarine and sugar. Beat in egg and vanilla until light and fluffy. In medium bowl combine remaining ingredients. Gradually add to creamed mixture and beat just until well blended. Divide dough in half. On waxed paper form each half into a roll 2 inches wide, 9 inches long. Wrap and refrigerate at least 2 hours or overnight.

Preheat oven to 325°F. Grease 2 large cookie sheets. Cut dough into ¼-inch thick slices. Place on cookie sheets. Bake 10 to 12 minutes or until golden brown on the edges. Makes 6 dozen, about 65 calories each.



CHEESECAKE DREAMS

⅓ cup firmly packed light brown sugar
1 cup all-purpose flour
½ cup chopped walnuts
⅓ cup butter or margarine, melted
1 package (8 oz.) cream cheese, softened
¼ cup sugar
1 egg
2 tablespoons milk
1 tablespoon lemon juice
1 teaspoon vanilla extract

Preheat oven to 350°F. Grease an 8-inch square baking pan.

In small bowl mix first 3 ingredients. Stir in melted butter or margarine until well combined. Reserve ⅓ cup crumbs; pat remaining gently into pan. Bake 12 to 15 minutes.

Meanwhile, in small bowl with mixer at medium speed, beat cream cheese and sugar until smooth. Beat in remaining ingredients. Pour over crust; sprinkle on remaining crumbs. Bake 25 minutes more until set. Cool on wire rack. When cool, cut into 2 inch squares; cut each square diagonally in half. Makes 32, about 85 calories each.

RASPBERRY RIPPLES

2 cups all-purpose flour
1 cup butter or margarine, softened
½ cup sugar
⅛ teaspoon salt
1 egg yolk, beaten
½ cup raspberry jam
¼ cup sliced, blanched almonds
½ teaspoon vanilla extract

In large bowl combine flour, butter or margarine, sugar and salt. Blend ingredients with pastry blender or 2 knives used scissor-fashion until mixture resembles coarse crumbs. Add egg yolk and work dough with hands until it forms a ball. Divide dough into thirds. On ungreased cookie sheet shape each third into a 12x1-inch strip about 4 inches apart. With back of a spoon, make a depression about ½-inch deep down the center of each strip. Combine jam, almonds and vanilla and spread ⅓ of jam mixture in each depression. Refrigerate on cookie sheet for 30 minutes.

Preheat oven to 350°F. Bake strips 20 to 25 minutes until light golden brown. Cool slightly on cookie sheet. Cut each strip into 1-inch diagonal pieces. Remove from cookie sheet, cool completely on wire racks. Makes about 3 dozen, about 95 calories each.

FATTIGMAND

A deep-fried Norwegian cookie. Name translates to "poor man's cake."

3 eggs
¼ cup sugar
1½ tablespoons butter or margarine, melted
3 tablespoons orange-flavored liqueur or orange juice
½ teaspoon salt
¾ teaspoon ground cardamom
¼ cup heavy cream, whipped
3 to 3½ cups all-purpose flour
Shortening for frying
Confectioners' sugar

In large bowl beat eggs and sugar until well combined. Mix in butter or margarine, orange liqueur or juice, salt and cardamom. Fold in heavy cream. Stir in 2½ cups flour. Stir in enough additional flour to make a stiff dough. Divide dough in half, wrap in waxed paper and refrigerate 15 minutes.

Keeping half of dough refrigerated, roll remaining on lightly floured board until paper thin. Cut into 2x4-inch rectangles. Make a 1-inch lengthwise slit in center of each. Pull one end completely through slit to form a bow tie. In Dutch oven or large saucepot melt enough shortening to measure 1 inch; heat to 375°F. Fry

Tip #2

To avoid scorching, grease your cookie sheets with Crisco!



dough, a few at a time, until delicate brown, turning once (about 15 seconds). Drain on paper towels. Cool. Repeat with remaining dough. To serve, sprinkle with confectioners' sugar. Do not freeze. Makes about 3½ dozen, about 65 calories each.

BRANDY SNAPS

1 cup all-purpose flour
⅔ cup sugar
1 teaspoon ground ginger
¼ cup light corn syrup
¼ cup dark corn syrup
½ cup butter or margarine, softened
2 teaspoons brandy

Preheat oven to 300°F. Grease 2 large cookie sheets. In small bowl combine flour, sugar and ginger; set aside. In medium saucepan heat corn syrups to boiling. Remove from heat; stir in butter or margarine until melted. Stirring constantly, add dry ingredients to corn syrup mixture. Stir in brandy.

Bake only 4 cookies at a time. Drop batter by tablespoonfuls, 3 inches apart on cookie sheet. Bake 10 minutes. Let cool on cookie sheet about 45 seconds. With metal spatula remove each cookie and quickly roll around handle of a wooden spoon. (If cookie becomes too hard to roll, soften by returning to the oven briefly.) Repeat with remaining batter. Makes about 5 dozen, about 40 calories each.

CARROT ORANGE BARS

¾ cup shortening
¾ cup sugar
1 cup (¾ lb.) cooked mashed carrots
1 egg
2 cups all-purpose flour
2 teaspoons double-acting baking powder
¾ teaspoon salt
1½ teaspoons grated orange peel
¾ cup flaked coconut
⅓ cup orange juice
Glaze
3 tablespoons orange juice
¾ teaspoon grated orange peel
¾ cup confectioners' sugar

Preheat oven to 350°F. Grease a 13x9-inch baking pan; set aside. In large mixer bowl with mixer at medium speed, cream shortening and sugar. Add carrots and egg and mix until well blended. In a separate bowl combine flour, baking powder and salt. Gradually add to creamed mixture until combined. Add orange peel, coconut and orange juice; mix until well blended. Spread batter evenly into prepared pan. Bake 20 to 25 minutes or until toothpick inserted in the center comes out clean. Cool completely. Spread with glaze. Cut into 36 3x1-inch bars. Makes 3 dozen, about 105 calories each.

Glaze: In a small bowl combine orange juice, orange peel and confectioners' sugar until smooth.

MELTING MOMENTS

1 cup butter or margarine, softened
2 cups confectioners' sugar
1¼ cups all-purpose flour
¾ cup cornstarch
3 tablespoons orange juice
Grated orange peel (optional)

In large mixer bowl with mixer at medium speed, cream butter or margarine and ½ cup confectioners' sugar until light and fluffy. Beat in flour and cornstarch until well mixed. Wrap and refrigerate dough at least 2 hours.

Preheat oven to 325°F. Roll dough into 1 inch balls. Place on ungreased cookie sheets. Bake 8 to 10 minutes or until firm but golden. Cool slightly and remove to wire racks to cool completely.

Meanwhile, in small bowl mix remaining confectioners' sugar with orange juice. When cookies are cool, place waxed paper under racks to catch drips and spoon on glaze. Grate orange peel onto glaze, if desired. Let dry on racks. Makes about 3½ dozen, about 85 calories each.

GINGERBREAD MEN

¼ cup boiling water
½ cup shortening
1 egg
½ cup firmly packed dark brown sugar
½ cup unsulphured molasses
3 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon ginger
½ teaspoon salt
¼ teaspoon ground cloves
Assorted tubes (5 oz. each) decorating icing: green, white, red

In large mixer bowl pour boiling water over shortening. With mixer at medium speed, beat until well mixed. Add egg, brown sugar and molasses and beat until well blended. In medium bowl combine remaining ingredients except icing. Gradually add dry ingredients to molasses mixture and beat just until blended. Wrap and chill dough at least 2 hours.

Preheat oven to 375°F. Grease 2 large cookie sheets. Roll chilled dough ⅛ to ¼ inch thick. Cut out dough with gingerbread man cookie cutter (we used a 5x3½-inch cutter). With spatula carefully transfer to prepared cookie sheets, placing cookies about 1 inch apart. Bake 8 to 10 minutes or until cookie springs back when lightly pressed. Cool on wire racks; decorate. Makes about 2 dozen, about 130 calories each.

GREEK COOKIE PUFFS

1 cup butter or margarine, softened
¼ cup sugar
2 eggs
2 cups all-purpose flour
1 teaspoon double-acting baking powder
1 teaspoon grated lemon peel
½ teaspoon anise extract
Confectioners' sugar

In large mixer bowl with mixer at medium speed, cream butter or margarine and sugar. Beat in eggs until light and fluffy. Stir in flour, baking powder, lemon peel and anise. Wrap and chill dough at least 2 hours.

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. Divide dough in half. Work with one half at a time; keep remaining refrigerated. Form pinches of dough into ¾-inch balls. Place 3 balls in the shape of a triangle on cookie sheet; press together gently. Bake 8 to 10 minutes or until cookies are set but not brown. Cool 2 minutes before removing from cookie sheets. Cool completely on wire racks. Sprinkle with confectioners' sugar. Makes 2½ dozen, about 105 calories each.

LEMON COOKIES

4¼ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon cream of tartar
1 teaspoon salt
1 cup butter or margarine, softened
1 cup confectioners' sugar
1 cup granulated sugar
2 eggs
1 cup salad oil or melted shortening
1 teaspoon lemon extract
1 teaspoon grated lemon peel
Icing
3½ cups confectioners' sugar
7 tablespoons fresh lemon juice
½ cup coarsely chopped pistachio nuts

In large bowl combine flour, baking soda, cream of tartar and salt; set aside. In larger mixer bowl with mixer at medium speed, cream butter or margarine and sugars. Beat in eggs, one at a time, until light and fluffy. Add oil or shortening, lemon extract and peel. Beat until well mixed.

Gradually add combined dry ingredients to creamed mixture and beat until well blended. Wrap and chill dough for several hours.

Preheat oven to 325°F. Grease 2 large cookie sheets. Divide dough into thirds. Work ⅓ at a time; keep remaining refrigerated. Roll a heaping teaspoonful of dough into ball. Place on cookie sheet. Flatten into a 2-inch circle with bottom of a glass dipped in granulated sugar. Repeat with remaining dough. Bake 8 to 10 minutes or just until lightly golden at edges. Let stand on cookie sheet for 2

3 minutes before removing. Frost ith icing and sprinkle with chopped uts. Makes about 7 dozen, about 105 alories each.

cing: In small bowl combine sugar and emon juice to make a stiff paste. Set owl over pan of hot water to warm cing to spreading consistency. Keep ver low heat while frosting.

PEANUT COOKIES

2 cup shortening
2 cup butter or margarine, softened
1 cup chunky-style peanut butter
1 cup granulated sugar
1 cup firmly packed light brown sugar
2 eggs
2 cups all-purpose flour
1 teaspoon baking soda
2 teaspoon salt
1 cup dry roasted peanuts
3 cup additional chopped peanuts for garnish, optional

Preheat oven to 325°F. In large mixer bowl with mixer at medium speed, cream shortening, butter or margarine and peanut butter. Gradually add both sugars. Beat in eggs, one at a time, until light and fluffy. In medium bowl combine flour, baking soda and salt. Gradually add dry ingredients to creamed mixture and beat until well blended. Stir in 1 cup of peanuts.

Drop dough by rounded teaspoonfuls onto ungreased cookie sheets. If desired, sprinkle with additional chopped peanuts. Bake 12 to 15 minutes or until golden brown. Makes 6 dozen, about 90 calories each.

GIANT SNICKERDOODLES

1 cup butter or margarine, softened
1½ cups plus 2 tablespoons sugar
2 eggs
2¾ cups all-purpose flour
2 teaspoons cream of tartar
1 teaspoon baking soda
¼ teaspoon salt
2 teaspoons cinnamon

In large mixer bowl with mixer at medium speed, cream butter or margarine, 1½ cups sugar and eggs until light and fluffy, scraping sides of bowl occasionally. In a separate bowl combine flour, cream of tartar, baking soda and salt. Add to creamed mixture until well blended. Refrigerate for 30 minutes.

Preheat oven to 375°F. Combine remaining 2 tablespoons sugar and cinnamon in a flat open bowl. Shape dough into 2-inch balls and roll in cinnamon-sugar. Place 3 inches apart on ungreased cookie sheets. Bake 12 to 15 minutes until golden brown. (Snickerdoodles will puff up at first, then flatten out to giant size during baking.) Remove from cookie sheet and cool on wire rack. Makes 2 dozen, about 180 calories each.

DATE BALLS

1 cup plus ¼ cup sugar
2 eggs
½ cup all-purpose flour
½ teaspoon double-acting baking powder
¼ teaspoon salt
1 cup pitted dates, chopped
1 cup chopped pecans

Preheat oven to 350°F. Grease an 8-inch square pan; set aside. In mixer bowl with mixer at medium speed, beat 1 cup sugar and eggs until fluffy. In another bowl combine flour, baking powder and salt. Add to the sugar mixture and blend. Fold in dates and pecans. Spoon batter into prepared pan. Bake for 30 minutes.

Remove from oven and stir immediately with a wooden spoon; let cool completely. Roll into 1-inch balls and toss in remaining sugar. Makes 3 dozen, about 70 calories each.

MANDELBROT

1 cup sugar
¾ cup salad oil or melted shortening
3 eggs
3 cups all-purpose flour
¼ teaspoon salt
1 teaspoon anise seed
1 cup finely chopped walnuts

Preheat oven to 350°F. In large mixer bowl with mixer at medium speed, beat sugar, oil or shortening and eggs until well blended. Add flour, salt and anise seed and continue beating until well mixed. Stir in walnuts.

Divide dough in half. On ungreased cookie sheet, with floured hands, shape each half into a 12x3-inch loaf about 3 inches apart. Bake 20 to 25 minutes until light brown. Remove from oven and immediately cut each loaf crosswise into ½-inch diagonal slices. Turn each slice on its side. Return to oven and bake for 15 to 20 minutes more until lightly browned and toasted. Turn occasionally during baking to insure even browning. Makes 4 dozen, about 95 calories each.

SLICED ALMOND BARS

Pastry
½ cup butter or margarine
1¼ cups all-purpose flour
¼ cup sugar
1 egg yolk, beaten
½ teaspoon vanilla extract
Filling
3 tablespoons butter or margarine
2 tablespoons milk
½ cup sugar
1 tablespoon honey
1 cup sliced almonds

Pastry: In large bowl cut butter or margarine into flour and sugar using a pastry blender or 2 knives used scissor-fashion until the mixture resembles coarse crumbs. Stir in egg yolk and vanilla. Form into a ball. Wrap and refrigerate dough about 1 to 2 hours. Preheat oven to 325°F. Press dough evenly onto bottom and sides of a 9-inch square baking pan, forming a ½-inch rim. Bake 30 to 35 minutes, until golden.

Filling: Meanwhile, in small saucepan heat butter or margarine and milk until butter is melted. Add sugar, honey and almonds and stir well. Spread filling over warm pastry. Return to oven and bake another 20 to 30 minutes, until a rich brown. Cool on wire rack for 10 minutes. Cut into diamonds or 1½-inch squares. Cool completely in pan. Makes 3 dozen, about 85 calories each.

THUMBPRINTS

1 cup unsalted butter, softened
½ cup sugar
2 egg yolks
1 teaspoon vanilla extract
2 cups all-purpose flour
½ teaspoon salt
¼ cup currant jelly

Tip #3

Try using Crisco in place of butter or margarine in your recipes. Cookies come out moist 'n chewy.



In large bowl of mixer with mixer at medium speed, cream butter and sugar until light and fluffy. Beat in egg yolks and vanilla. Gradually add flour and salt until well blended. Refrigerate dough 1 hour.

Preheat oven to 350°F. Work with only ¼ of dough at a time; keep remaining refrigerated. Roll dough into 1-inch balls. Place on ungreased cookie sheets about 2 inches apart. Using your thumb or the end of a wooden spoon, make a depression in center of each. Bake 10 minutes. Remove cookies from oven. Make the depression again. Fill each depression with ¼ teaspoon jelly and return to oven to bake 5 more minutes. Cool on wire rack. Repeat with remaining dough. Makes about 4 dozen, about 70 calories each.



NANAIMO BARS

These cookies originated in the city of the same name—located on Vancouver Island, British Columbia. They are very sweet, no-bake cookies.

Crumb Mixture
- ½ cup unsalted butter
- ¼ cup sugar
- ¼ cup unsweetened cocoa
- 1 teaspoon vanilla extract
- 1 egg
- ¼ teaspoon salt
- 1½ cups graham cracker crumbs
- ¾ cup flaked coconut
- ½ cup chopped pecans

Cream Filling
- ½ cup unsalted butter, softened
- 1 package (3 oz.) cream cheese, softened
- 2 tablespoons instant vanilla pudding and pie filling mix (¼ of a 3 oz. package)
- 1 cup confectioners' sugar
- 2 tablespoons milk

Chocolate Glaze
- 4 squares (1 oz. each) semisweet chocolate
- 1 tablespoon unsalted butter

Grease a 9-inch square pan; set aside. In heavy saucepan combine the first six ingredients for crumb mixture and cook over low heat, stirring constantly, until mixture coats a spoon. Stir in graham cracker crumbs, coconut and pecans. Press evenly into prepared pan.

Filling: Cream butter, cream cheese and pudding mix. Beat in confectioners' sugar and milk. Spread over crumb mixture. Refrigerate 30 minutes or until pudding layer is firm.

Glaze: In a double boiler over hot, not boiling, water melt chocolate and butter. Spread evenly over pudding layer. Refrigerate again until chocolate is firm. Cut into 1½-inch squares. Keep in refrigerator until serving time. Makes 3 dozen, about 125 calories each.

MINCEMEAT FOLDOVERS

Dough
- 2 cups all-purpose flour
- ¼ cup sugar
- ⅛ teaspoon salt
- 1 package (8 oz.) cream cheese
- 1 cup butter

1 cup prepared mincemeat

Glaze
- 1 cup confectioners' sugar
- 2 tablespoons rum or ½ teaspoon rum flavoring plus 1½ tablespoons water
- 2 teaspoons light corn syrup

Dough: In large bowl mix flour, sugar and salt. With pastry blender or 2 knives used scissor-fashion, cut in cream cheese and butter until mixture resembles cornmeal. With hands work dough until it holds together. Divide into 4 balls; wrap each in waxed paper. Refrigerate 2 to 4 hours until dough is firm.

Preheat oven to 350°F. Work with ¼ of dough at a time; keep remaining refrigerated. On lightly floured surface, roll into a 10-inch circle. With 3-inch round cookie cutter, cut into circles. Place ½ teaspoon mincemeat in center of each. Moisten edge of dough and fold over mincemeat. Seal edge by pressing with tines of a fork dipped in flour. Place on cookie sheet. Repeat with remaining dough, rerolling scraps. Bake 20 to 25 minutes or until golden brown. Remove to wire racks to cool. When cool, drizzle with glaze. Makes 4 dozen, about 100 calories each.

Glaze: In small bowl mix glaze ingredients until smooth.



COCONUT MACAROONS

- 3⅓ cups (10 oz.) flaked coconut
- 1 can (14 oz.) sweetened condensed milk
- Dash salt
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract
- Glacéed cherries, halved

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. In medium bowl mix all ingredients except cherries until well blended. Drop by rounded teaspoonfuls onto cookie sheets. Top each macaroon with a cherry half. Bake 12 to 15 minutes until golden at edges. Remove immediately and cool on wire racks. Makes about 3½ dozen, about 60 calories each.

LACE COOKIES

To keep these delicate cookies crisp and crunchy, store in refrigerator.

- ½ cup all-purpose flour
- ⅔ cup (3 oz.) finely ground raw unsalted cashews
- ⅓ cup firmly packed light brown sugar
- ¼ cup light corn syrup
- ¼ cup butter or margarine
- 2 tablespoons milk

Preheat oven to 350°F. Line 2 cookie sheets with foil; set aside. In small bowl combine flour and cashews. In 2-quart saucepan heat remaining ingredients, stirring constantly, over medium heat until mixture begins to boil. Remove from heat; gradually add dry ingredients; stir until moistened.

Drop batter by heaping teaspoonfuls at least 3 inches apart onto cookie sheets. Bake 10 to 12 minutes or until golden brown. Slide foil from cookie sheets to wire racks to cool for about 5 minutes. Then carefully remove cookies from foil. Reline cookie sheets with foil and continue making more cookies until batter is used up. Let cookies cool completely on wire racks. When cool, store in tightly covered container with waxed paper between the layers; refrigerate up to 1 week. Do not freeze. Makes about 2½ to 3 dozen, about 50 calories each.



BUTTERFLY COOKIES

- 1 cup butter, chilled
- 1½ cups all-purpose flour
- ½ cup sour cream
- 1 teaspoon grated lemon peel
- About ¾ cup sugar

In large bowl cut butter into flour using a pastry blender or 2 knives used scissor-fashion until the mixture resembles coarse crumbs. Stir in sour cream and lemon peel until well blended. Place on waxed paper and shape into 4½-inch square. Wrap and refrigerate at least 2 hours.

Unwrap and cut dough into 4 equal pieces. Work with only 1 piece at a time; keep remaining refrigerated. Sprinkle 2 tablespoons sugar on flat surface. Coat all sides of dough with sugar. Roll dough on the sugared surface, turning often, into 12x5-inch rectangle. On 12-inch edge, lightly mark center (do not cut through dough). From *each* 5-inch side roll up jelly-roll fashion towards center until they just meet (like a scroll). Wrap well in waxed paper. Repeat with remaining dough, forming 3 more scrolls, using more sugar as needed. Chill again, in freezer for 20 minutes or in refrigerator for 2 to 3 hours.

Preheat oven to 375°F. Line 2 cookie sheets with foil. Place ¼ cup sugar on waxed paper. Cut each scroll crosswise into ½-inch slices, dip each side into sugar. Place on baking sheet 2½ inches apart. Bake 15 minutes until golden around edges. With spatula turn cookies over and bake 5 minutes more. Immediately remove to wire rack. Makes 40, about 75 calories each.

For food processor: Using steel blade,

process cut-up butter and flour until mixture resembles coarse crumbs. Add sour cream and lemon peel and continue processing until mixture forms a ball. Shape as directed above.

ROSETTES

A rosette iron is required to make these delicate, deep-fried cookies.

½ cup all-purpose flour
1½ tablespoons sugar
½ teaspoon salt
½ cup milk
1 egg, slightly beaten
1 tablespoon melted shortening
Shortening for frying
Confectioners' sugar

In small bowl stir dry ingredients. Mix milk, egg and melted shortening in a glass measuring cup. Pour liquid ingredients into dry ingredients. Beat with egg beater or wire whisk until smooth. (If mixture is lumpy, remove lumps by straining through fine sieve.)

In Dutch oven or large saucepot melt enough shortening to measure 3 inches. Heat to 400°F. on deep-fat thermometer. Dip rosette iron into hot fat to heat. Tap off excess and dip iron into batter until iron is ⅔ to ¾ covered. Fry until rosette comes off iron; continue frying until golden. (If rosette does not come off iron, gently ease it off with a fork.) Remove cookie with slotted spoon; drain on paper towels. Repeat frying cookies, heating iron each time and stirring batter before dipping.

When rosettes are cool, sprinkle with confectioners' sugar. Rosettes will taste best if made 1 or 2 days before serving. Store in a tightly covered container at room temperature. Do not freeze. Makes about 20, about 30 calories each.



DOUBLE CHOCOLATE COOKIES

Cookies
3 squares (1 oz. each) unsweetened chocolate
½ cup butter or margarine, softened
½ cup firmly packed light brown sugar
½ cup granulated sugar
1 egg
⅓ cup buttermilk
1 teaspoon vanilla extract
1¾ cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
Frosting
2 squares (1 oz. each) unsweetened chocolate
2 tablespoons butter or margarine
About 2 cups confectioners' sugar
¼ cup hot milk
⅛ teaspoon salt
½ teaspoon vanilla extract
6 peppermint candies, crushed (optional)

Preheat oven to 375°F. Grease 2 large cookie sheets; set aside.

Cookies: Melt chocolate and cool. In large mixer bowl with mixer at medium speed, cream butter or margarine and sugars. Beat in egg and cooled chocolate until light and fluffy, scraping sides of bowl occasionally. Add buttermilk and vanilla and mix thoroughly. In separate bowl combine flour, soda and salt. Add gradually to chocolate ingredients until well blended. Drop dough by rounded teaspoonfuls 2 inches apart on cookie sheets. Bake 5 to 6 minutes. Cookies will be soft. Remove carefully with spatula to wire rack to cool completely. Frost cooled cookies and sprinkle with crushed peppermint, if desired. Makes 4 dozen, about 90 calories each.

Frosting: In top of double boiler over hot, not boiling, water melt chocolate and butter or margarine. Remove from heat and allow to cool to lukewarm. Meanwhile, in small mixer bowl with mixer at low speed, combine sugar, milk and salt and beat until sugar is dissolved. Add chocolate mixture and vanilla; beat 3 minutes. Cool about 10 minutes, stirring occasionally.



WEDDING CAKES

1 cup butter or margarine, softened
1 cup confectioners' sugar
½ teaspoon vanilla extract
1¾ cups all-purpose flour
½ cup finely chopped pecans

In medium bowl with mixer at medium speed, cream butter or margarine and ½ cup sugar until light and fluffy. Add vanilla and flour, continue beating just until well mixed. Stir in nuts. Cover; chill dough for 1 hour.

Preheat oven to 350°F. Shape dough into 1-inch balls and place on ungreased cookie sheets. Bake 15 minutes. Let stand on cookie sheets 2 to 3 minutes before removing to wire racks. Roll in remaining confectioners' sugar. Cool completely on wire racks, then roll again in confectioners' sugar. Makes about 3 dozen, about 95 calories each.

CARAWAY RYE WAFERS

Pleasantly low in calories.

½ cup butter or margarine, softened
⅓ cup sugar
¾ cup all-purpose flour
½ cup medium rye flour
¼ cup whole wheat flour
¼ teaspoon double-acting baking powder
¼ teaspoon salt
1 teaspoon grated orange peel
2 teaspoons caraway seed, divided
2 tablespoons cold water
1 tablespoon milk

Preheat oven to 375°F. Grease 2 large cookie sheets; set aside.

In medium mixer bowl with mixer at medium speed, cream butter or margarine and sugar. In separate bowl combine flours, baking powder and salt. Gradually add dry ingredients to the creamed mixture. Stir in orange peel and 1 teaspoon caraway seed. Gradually add water, mixing only until dough is moistened.

Divide dough in half. On lightly floured surface roll half the dough ⅛-inch thick. With a 2-inch round cookie cutter cut out circles. Place on cookie sheets. Brush with milk and sprinkle with remaining caraway seed. Repeat with remaining dough, rerolling scraps. Bake 8 to 10 minutes until very lightly browned around the edges. Makes 4 dozen, about 40 calories each.

BATONS

¼ cup butter or margarine, softened
½ cup sugar
¼ cup light cream
¾ cup plus 2 tablespoons all-purpose flour
4 squares (1 oz. each) semisweet chocolate, melted
½ cup chopped pecans

In small mixer bowl with mixer at medium speed, cream butter or margarine and sugar until light and fluffy.

Tip #4

Save time by doubling your recipes. Bake one batch now. Freeze the other batch for later.



Stir in cream. Gradually add flour until well blended; cover and set aside.

Preheat oven to 350°F. Cover 2 cookie sheets with foil. On each sheet outline four rectangles 4x3 inches. Lightly grease foil. Pat a half-tablespoonful of dough to fill each outline. Bake 5 to 6 minutes until *lightly* brown around edges. Immediately upon removing from oven, loosen one end of each with spatula. Then quickly roll one at a time around wooden spoon handle (or a ⅜-inch wooden dowel or pencil). Carefully slip off and cool completely on a wire rack. (If cookies become too hard to handle, return them to oven for 1 minute before rolling.) Repeat, baking remaining cookies.

Melt semisweet chocolate in a double boiler over hot, not boiling, water. Dip one end of each cookie in melted chocolate, then roll in chopped nuts. Let dry on sheet of waxed paper. Makes about 2½ dozen, about 75 calories each.



CANDY CANING

½ cup butter or margarine, softened
½ cup shortening
1 cup confectioners' sugar
1 egg
1 teaspoon vanilla extract
¾ teaspoon peppermint extract
2½ cups all-purpose flour
½ teaspoon salt
½ teaspoon red food coloring
Topping
½ cup finely crushed peppermint candy
¼ cup sugar
1 egg white

In large bowl with mixer at medium speed, cream butter or margarine, shortening, sugar and egg until light and fluffy. Add extracts. In medium bowl combine flour and salt. Gradually add to creamed mixture and continue beating just until combined. Divide dough in half. Add food coloring to one half, mixing well to distribute color. Wrap each half in waxed paper; refrigerate at least 1 hour.

Preheat oven to 375°F. Grease 2 large cookie sheets. Pull off about a teaspoonful of each dough (white and pink). On a lightly floured surface, roll each portion into a 5-inch long rope. Place ropes side by side on cookie sheet and carefully twist together; shape to form a candy cane. Repeat with remaining dough. Bake 9 to 10 minutes or until golden at the edges.

Meanwhile, combine crushed candy and sugar. Remove cookies from oven. While still on cookie sheet, brush lightly with egg white and sprinkle on candy-sugar mixture. Remove to wire racks to cool completely. Makes 3 dozen, about 115 calories each.

MISSISSIPPI MUD

4 eggs
1 cup butter or margarine, softened
2 cups sugar
1 teaspoon vanilla extract
1½ cups all-purpose flour
¼ cup unsweetened cocoa
Dash salt
1 cup chopped pecans
1 jar (7 oz.) marshmallow creme
Frosting
⅓ cup butter or margarine
½ cup unsweetened cocoa
⅓ cup milk
1 teaspoon vanilla extract
2½ cups confectioners' sugar

Preheat oven to 350°F. Grease a 13x9-inch baking pan; set aside.

In large mixer bowl with mixer at medium speed, beat eggs, butter or margarine, sugar and vanilla until light and fluffy, scraping sides of bowl occasionally. Add flour, cocoa and salt; beat just until well blended. Fold in pecans. Spread batter evenly in pan. Bake 40 to 45 minutes. Immediately place dollops of marshmallow creme on cake; spread until smooth. Let cool on wire rack for at least 1 hour before frosting (or chill until set, about 30 minutes).

Frosting: In medium saucepan melt butter or margarine; stir in cocoa and cook 1 minute. Remove from heat. Add remaining frosting ingredients; stir until smooth. Spread on top of marshmallow creme. When frosting has cooled, cut into 1-inch squares. Makes 7 dozen, about 80 calories each.



CRANBERRY TARTS

Dough
½ cup butter or margarine, softened
½ cup sugar
1 egg
1 teaspoon vanilla extract
2 cups all-purpose flour
Filling
¼ cup butter or margarine
1 cup confectioners' sugar
½ cup dark corn syrup
½ cup chopped pecans
1 cup coarsely chopped fresh cranberries

Dough: In large bowl with mixer at medium speed, combine butter or margarine, sugar, egg and vanilla until blended. Reduce speed to low; add flour and continue mixing just until well blended. Shape dough into ball. Cover with waxed paper and chill 30 minutes.

Filling: Meanwhile, combine butter or margarine, confectioners' sugar and corn syrup in saucepan. Over medium heat bring to a boil, stirring constantly. Boil 1 minute. Remove from heat, stir in pecans and cranberries. Set aside.

Preheat oven to 400°F. On a floured surface roll dough about ⅛-inch thick. Using a 2¼-inch round cookie cutter, cut into circles. Reroll scraps. Press evenly into 1¾-inch tartlette or small cupcake pans. Prick bottom with fork. Bake 8 to 10 minutes, until edges are lightly browned. Reduce oven temperature to 350°F.

Spoon filling into partially baked shells. Return to oven, bake 10 to 12 minutes; cool in pan 5 minutes before removing. Makes about 4 dozen, about 70 calories each.

Ed. Note: If you don't have enough tartlette pans to bake 48 shells at once, shells may be removed to lightly greased cookie sheets after initial baking. Fill and bake the final 10 to 12 minutes on cookie sheets.



CHRISTMAS STARS

1 cup butter or margarine, softened
⅔ cup sugar
1 egg
1 teaspoon vanilla extract
2½ cups all-purpose flour
½ teaspoon salt
1 teaspoon grated lemon peel
Filling
½ cup red currant jelly
2 tablespoons granulated sugar

In large mixer bowl with mixer at medium speed, cream butter or margarine and sugar until light and fluffy. Beat in egg and vanilla and continue beating until well mixed. Add flour, salt and lemon peel, mixing until just blended. Wrap and chill 1 hour.

Preheat oven to 350°F. Grease 2 cookie sheets. Divide dough in half. On lightly floured surface roll ⅛ inch thick. With 3-inch star-shaped cutter, cut out dough and place on cookie sheets. Using a 1-inch round cutter, cut out hole in centers. Bake 10 minutes. Cool on wire racks. Repeat with remaining. Do not cut holes in centers. Place on cookie sheets, bake 10 minutes.

Filling: In small saucepan combine jelly and sugar; heat to boiling. Cook over medium heat, stirring constantly, 3 to 4 minutes until mixture thickens.

To assemble: Place about ½ teaspoon jelly on each star without a hole. Top with star with hole. Makes 2½ dozen, about 115 calories each.

LEMON GEMS

2⅓ cups all-purpose flour
2 cups sugar
1 teaspoon grated lemon peel
1 cup butter or margarine, softened
4 eggs
½ cup fresh lemon juice
½ teaspoon double-acting baking powder

Preheat oven to 350°F. In a 13x9-inch baking pan combine 2 cups flour, ½ cup sugar and lemon peel. With pastry blender or 2 knives used scissor-fashion,

cut in butter or margarine until mixture resembles coarse crumbs. Pat crumbs evenly in pan. Bake 20 to 25 minutes until lightly browned.

Meanwhile, in blender container or food processor combine remaining ⅓ cup flour, 1½ cups sugar, eggs, lemon juice and baking powder. Cover and blend or process 5 seconds. Scrape down sides and blend or process 5 more seconds. Pour over partially baked crust. Bake 20 to 25 minutes more or until lightly browned. Cool in pan on wire rack; cut into diamond shapes or squares, about 2x2 inches. Makes 2½ dozen, about 155 calories each.

GIANT GINGERS

2 cups all-purpose flour
1½ teaspoons baking soda
1 teaspoon ground cloves
½ teaspoon salt
⅓ cup butter or margarine, softened
⅓ cup shortening
1¼ cups sugar, divided
1 egg
2 tablespoons dark corn syrup
2 teaspoons peeled and grated fresh ginger
1 teaspoon ground cinnamon

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. In medium bowl combine flour, baking soda, cloves and salt; set aside.

In large mixer bowl with mixer at medium speed, cream butter or margarine, shortening, 1 cup sugar and egg until light and fluffy, scraping sides of bowl occasionally. Gradually beat in corn syrup. Reduce speed to low. Beat in dry ingredients and ginger until just combined. Cover; refrigerate until easy to handle.

In small bowl combine remaining ¼ cup sugar and cinnamon. Divide dough into 16 pieces. Roll each into a 2-inch ball; roll in sugar-cinnamon. Place 3 inches apart on cookie sheets. Bake 15 to 18 minutes until lightly browned. Cool on wire racks. Makes 16, about 205 calories each.

BUÑUELOS

A Mexican fried cookie glazed with honey.

About 2 cups all-purpose flour
1 tablespoon sugar
½ teaspoon salt
½ teaspoon double-acting baking powder
2 eggs
¼ cup milk
2 tablespoons butter or margarine, melted
Shortening for frying
Glaze
½ cup honey
1 teaspoon lemon juice

In a medium bowl combine 1¾ cups flour, sugar, salt and baking powder. In another bowl beat eggs; add milk and melted butter or margarine. Add to dry ingredients, stirring until dough holds together. Stir in additional flour, about 1 tablespoon, until dough is not sticky. Turn onto a lightly floured surface and knead lightly for 2 minutes until smooth. Cover and let stand 20 minutes. Cut dough into 36 equal pieces and shape each into a ball. On a lightly floured surface roll each ball into a paper-thin 4-inch circle. With 1-inch round cookie cutter, cut a hole in center of each circle. Stack circles with waxed paper between layers.

In Dutch oven melt enough shortening to measure 1 inch; heat to 375°F. on deep-fat thermometer. Fry circles, a few at a time, until puffed and golden brown, about 30 seconds on each side. Turn only once. Drain on paper towels. Glaze immediately. Best when served right away. Makes 3 dozen, about 80 calories each.

Glaze: In a small saucepan heat honey and lemon juice until warm. Spoon glaze over hot buñuelos.

DATE NUT WHEELS

Filling
1 package (8 oz.) pitted dates, chopped
1 cup water
¼ cup sugar
2 teaspoons lemon juice
1 cup finely chopped walnuts
Dough
1 cup butter or margarine, softened
2 cups firmly packed light brown sugar
2 eggs
3½ cups all-purpose flour
½ teaspoon double-acting baking powder
½ teaspoon salt
¼ teaspoon baking soda

In medium saucepan combine dates, water, sugar and lemon juice. Bring to boil; reduce heat and simmer, stirring occasionally, for 10 to 12 minutes until thick. Fold in walnuts; let cool to room temperature.

In medium bowl cream butter or margarine, brown sugar and eggs until fluffy. In separate bowl combine flour, baking powder, salt and baking soda. Gradually add to creamed mixture. Beat until just blended. Divide dough into thirds. Wrap in waxed paper and chill until easy to handle.

Between sheets of waxed paper, roll each portion into a 12x8-inch rectangle. Remove top sheet of waxed paper and spread each rectangle evenly with ⅓ (about ⅔ cup) of the date filling. Starting with 12-inch side, lift up edge of waxed paper; gently peel off paper and roll dough, jelly-roll fashion. Repeat twice with remaining dough and filling. Wrap rolls in waxed paper and chill several hours or overnight.

Preheat oven to 350°F. Grease 2 large cookie sheets. Cut each roll into ¼-inch slices and place 1 inch apart on cookie sheets. Bake 10 to 12 minutes. Cool on wire racks. Makes about 8 dozen, about 70 calories each.

COCOA NUGGETS

1¾ cups all-purpose flour
½ cup plus 3 tablespoons unsweetened cocoa
⅛ teaspoon salt
1 cup butter or margarine, softened
⅔ cup granulated sugar
¼ teaspoon vanilla extract
1 cup chopped walnuts
3 tablespoons confectioners' sugar

In medium bowl combine flour, ½ cup cocoa and salt; set aside. In large mixer bowl with mixer at medium speed, cream butter or margarine and granulated sugar. Beat until light and fluffy. Gradually add dry ingredients and vanilla and beat just until well blended. Stir in nuts. Wrap and chill dough for at least 1 hour.

Preheat oven to 350°F. Shape dough

Tip #5

Store crisp cookies loosely covered. Store soft cookies in a tightly covered container...like an empty Crisco can! (Wrap can in holiday paper as a gift.)



into 1-inch balls and place on ungreased cookie sheets. Bake 12 minutes. Let stand on cookie sheets 2 to 3 minutes before removing to wire racks to cool.

In small bowl combine confectioners' sugar and remaining cocoa. When cool enough to handle, roll cookies in mixture. Makes 4 dozen, about 80 calories each.

CINNAMON SLEDGES

1 cup butter or margarine, softened
½ cup firmly packed light brown sugar
½ cup granulated sugar
1 egg, separated
2 cups all-purpose flour
1 tablespoon cinnamon
⅛ teaspoon salt
1½ cups chopped pecans

Preheat oven to 300°F. In large mixer bowl with mixer at medium speed, cream butter or margarine, sugars and egg yolk until light and fluffy. In separate bowl combine flour, cinnamon and salt. Add to creamed mixture and continue beating just until blended. (The dough will be stiff.)

Spread dough evenly in an ungreased 15½x10½-inch jelly-roll pan. Beat egg white with fork just until foamy. Spread evenly on top of dough; sprinkle with nuts and press in lightly. Bake 35 to 40 minutes. Cut into 3x1½-inch bars while still hot. Let cool in pan. Makes 3 dozen, about 125 calories each.



CHOCOLATE BONNETS

Like a chocolate macaroon—cookie topped with a coconut meringue.

½ cup butter or margarine, softened
½ cup granulated sugar
½ cup firmly packed dark brown sugar
2 egg yolks
3 squares (1 oz. each) unsweetened chocolate, melted
1 teaspoon vanilla extract
1¾ cups all-purpose flour
½ teaspoon double-acting baking powder
¼ teaspoon baking soda
¼ teaspoon salt
⅓ cup milk
Meringue
2 egg whites
⅛ teaspoon salt
¼ cup sugar
1 cup flaked coconut
1 tablespoon flour

Preheat oven to 375°F. Grease 2 large cookie sheets; set aside.

In mixer bowl with mixer at medium speed, cream butter or margarine, sugars and egg yolks until fluffy, scraping sides of bowl occasionally. Meanwhile, melt chocolate over hot, not boiling, water. Add chocolate and vanilla to creamed mixture. In separate bowl combine flour, baking powder, baking soda and salt. Add to creamed mixture alternately with milk. Beat until just blended.

Meringue: In small mixer bowl beat egg whites and salt until stiff, gradually adding sugar. Fold in coconut and flour; set aside. Drop chocolate batter by rounded teaspoonfuls onto cookie sheets. Top each with ½ teaspoon meringue. Bake 6 to 8 minutes until lightly browned (cookies will be soft). Cool on wire racks. Makes 4½ dozen, about 70 calories each.



SESAME CHERRY COOKIES

1 cup butter or margarine, softened
¼ cup sugar
1 teaspoon almond extract
2 cups all-purpose flour
¼ teaspoon salt
⅓ cup sesame seed
⅓ cup candied cherries, halved

In large mixer bowl with mixer at medium speed, cream butter or margarine and sugar until light and fluffy, scraping sides of bowl occasionally. Add extract, flour and salt and continue beating just until well mixed. Wrap and chill dough for at least 1 hour.

Preheat oven to 400°F. Shape dough into 1-inch balls; roll in sesame seed. Place on ungreased cookie sheet. Press candied cherry half into center of each cookie. Bake 10 minutes. Let stand on cookie sheets 2 to 3 minutes before removing to wire racks to cool. Makes about 3 dozen, about 90 calories each.

APRICOT FOLDUPS

Dough
2 cups all-purpose flour
1 teaspoon salt
1 package (8 oz.) cream cheese
1 cup butter
1 tablespoon milk
1 tablespoon white vinegar
Filling
2 packages (6 oz. each) dried apricots
2 cups water
1½ cups granulated sugar
Glaze
¾ cup confectioners' sugar
1 tablespoon water

Dough: In large bowl combine flour and salt. With pastry blender or 2 knives used scissor-fashion, cut in cream cheese and butter until mixture resembles coarse crumbs. Add milk and vinegar; work dough with hands until it holds together. Divide into 4 balls and wrap each in waxed paper; refrigerate at least two hours.

Filling: In medium saucepan cover apricots with water; add sugar and bring to a boil. Turn off heat and let cool in the liquid; drain.

Preheat oven to 400°F. On lightly floured surface, roll each ball of dough ⅛ inch thick; cut into 2½-inch squares. Place an apricot in the center of each square. Fold each corner into center and pinch tightly together to seal. Place on ungreased cookie sheets. Bake 15 minutes or until golden brown. Remove to wire racks to cool.

Glaze: In small bowl mix sugar and water until smooth. Drizzle on squares when slightly cooled. Makes about 45, about 120 calories each.



MINT PRETZELS

Refreshingly minty. Tint frosting pink instead of green if desired.

Cookies
1¼ cups all-purpose flour
½ cup sugar
⅓ cup unsweetened cocoa
½ cup butter or margarine
1 egg white
½ teaspoon peppermint extract
Frosting
2 cups confectioners' sugar
2 egg whites
¼ teaspoon cream of tartar
¼ teaspoon green food coloring
¼ teaspoon peppermint extract
1 to 3 tablespoons water

In large bowl mix flour, sugar and cocoa. With pastry blender or 2 knives used scissor-fashion, cut butter or margarine into flour mixture until mixture resembles cornmeal. Add egg white and mint extract and stir until well mixed. Divide dough in half. Wrap each in waxed paper; refrigerate 1 hour.

Preheat oven to 325°F. Grease 2 cookie sheets; set aside. Work with one portion dough at a time, keep remaining refrigerated. Cut into 12 equal pieces. Roll each piece into an 11-inch rope. Place on cookie sheet and twist into pretzel shape. Repeat with remaining dough. Bake 8 to 10 minutes. Remove to wire racks to cool.

Frosting: In medium bowl beat sugar, egg whites and cream of tartar until smooth. Add green food coloring and mint extract. Stir in enough water so frosting is consistency of cake batter. Place wire racks over sheets of waxed paper. Spoon frosting over each pretzel, coating thoroughly. Allow to dry completely. Makes 2 dozen, about 120 calories each.

PIZZELLE

A crisp, anise-flavored Italian cookie. You'll need a special pizzelle maker—both range-top and electric models are available.

3 eggs
¾ cup sugar
¾ cup butter or margarine, melted
2 teaspoons anise extract
1 teaspoon vanilla extract
1½ cups all-purpose flour
1 teaspoon double-acting baking powder

Preheat pizzelle maker. In large mixer bowl with mixer on low speed, beat eggs; add sugar and blend. Stir in butter or margarine and extracts. Add flour and baking powder and continue beating just until well mixed. Drop by rounded tablespoonfuls onto center of griddle; cover and cook 30 to 60 seconds according to manufacturer's directions. Remove with fork. Cool on wire rack. Makes about 1½ dozen, about 155 calories each.

HONEY JUMBLES

½ cup shortening
½ cup light brown sugar
1 egg
½ cup honey
¼ cup orange juice
2 cups all-purpose flour
1 teaspoon double-acting baking powder
1 teaspoon grated orange peel
½ teaspoon baking soda
½ teaspoon salt
½ cup sour cream
1 cup sunflower seeds
½ cup seedless raisins
¼ cup wheat germ

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside.

In large mixer bowl with mixer at medium speed, cream shortening, sugar and egg until light and fluffy. Add honey and juice; mix well. In separate bowl combine flour, baking powder, orange peel, baking soda and salt. Add to creamed mixture alternately with sour cream. Stir in remaining ingredients. Drop batter by rounded teaspoonfuls 1 inch apart on cookie sheets. Bake 12 to 15 minutes until golden brown. Cool on wire racks. Makes 5½ dozen, about 65 calories each.

MELTING LACE

½ cup butter
1 cup quick-cooking oats (not instant)
½ cup firmly packed light brown sugar
⅓ cup all-purpose flour
2 tablespoons milk
¼ teaspoon salt
4 squares (1 oz. each) semisweet chocolate

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. In medium saucepan melt butter. Remove from heat. Stir in remaining ingredients except chocolate. Drop batter by level measuring teaspoonfuls 2 inches apart on cookie sheets. (Bake only 6 at a time.) Bake 7 to 9 minutes or until lightly browned. Remove from oven. Let stand for one minute; then quickly remove to flat surface to cool. Repeat with remaining batter.

Melt chocolate over hot, not boiling, water. With small knife or spatula, spread the back of one cookie with chocolate and sandwich it with a second cookie. Repeat with remaining cookies and chocolate. Store in an airtight container in refrigerator or freezer. Makes 2 dozen about 100 calories each.

HERMIT LOGS

Spice cookie lovers can happily indulge in these molasses-ginger-cinnamon flavored treats.

½ cup shortening
2 eggs
½ cup plus 2 tablespoons sugar
¼ cup molasses
1¾ cups all-purpose flour
1½ teaspoons cinnamon
¾ teaspoon ginger
¾ teaspoon baking soda
½ teaspoon salt
½ cup seedless raisins
½ cup chopped walnuts

Preheat oven to 375°F. Grease 1 large cookie sheet; set aside.

In mixer bowl with mixer at medium speed, cream shortening, 1 egg and ½ cup sugar. Gradually add molasses and continue beating until fluffy. In separate bowl combine flour, cinnamon, ginger, baking soda and salt; add to creamed mixture, beating just until blended. Fold in raisins and nuts.

Divide dough in half; transfer to cookie sheet. Shape each half into a 12x2-inch rectangle, leaving 3 inches between rectangles. Bake 13 to 15 minutes. Dough should be slightly soft in center.

Remove from oven; brush each portion with remaining egg, lightly beaten, and sprinkle with remaining 2 tablespoons sugar. Cut diagonally into ¼-inch bars while warm. Cool on wire rack. Makes 34, about 85 calories each.

MERINGUE MUSHROOMS

These are almost too pretty to eat. They make splendid gifts and/or party favors.

4 egg whites, at room temperature
¼ teaspoon cream of tartar
⅛ teaspoon salt
1 teaspoon vanilla extract
1 cup sugar
½ cup semisweet chocolate pieces
Unsweetened cocoa (optional)

Preheat oven to 225°F. Line 2 cookie sheets with foil. In mixer bowl with mixer at high speed, beat egg whites, cream of tartar and salt until soft peaks form. Gradually add vanilla and sugar, 2 tablespoons at a time. Continue beating for about 5 minutes, until sugar is completely dissolved and stiff peaks form.

For stems: Fit a pastry bag with a ½-inch plain tip. Spoon meringue into pastry bag. (We find it easier to fill the pastry bag by supporting it in a tall container such as a blender jar.) Shape stems by holding tube vertically, close to foil, and pressing tube gently while slowly raising the bag straight up. Use a small knife to cut stem from tube, keeping stems 1 to 1½ inches high. Make about 32 stems. Place in oven on upper rack. (Make more stems than caps because some topple during baking.)

For caps: Using remaining meringue in pastry bag, shape caps by placing tube close to foil. Hold bag vertically and press meringue out to form mound or semicircle. Smooth tops of caps with your finger, using water if necessary. Make about 30. Place in oven on lower rack. Bake 1 hour. Turn oven off and leave stems and caps in oven to dry with door slightly open.

To assemble: Melt chocolate in top of double boiler over hot, not boiling, water. With knife spread a layer of chocolate on underside of cap. Place a stem upside down on chocolate and let dry before turning upright. Store at room temperature in lightly covered container. May be sprinkled lightly with cocoa before serving. Do not freeze. Makes 30, about 40 calories each. **End**

Tip #6

And for all sorts of yummy recipes—cookies, cakes, pies and main courses—send for the Crisco Cook Book.

Send name and address along with $2.50 (check or money order payable to Crisco Cook Book) to Crisco's "Good Cooking Made Easy Cook Book," P.O. Box 520, Maple Plain, Minnesota 55348



Merry Cookie Christmas from Crisco



Twenty Favorites

continued from page 99

All pictured on pages 98–99

BRANDY WREATHS

These butter cookies are a variation on the Konjakskranser.

1 cup butter, softened
¼ cup sugar
1 egg yolk
2 tablespoons brandy
1 teaspoon vanilla extract
2½ cups all-purpose flour
¼ teaspoon salt
Glaze
2 tablespoons sugar
2 tablespoons brandy
1 egg yolk
Red cinnamon candies, for garnish
Candied citron, for garnish

In large mixer bowl with mixer at medium speed, cream butter and sugar until light and fluffy. Add egg yolk, brandy and vanilla and mix until combined. Stir in flour and salt. Divide dough into quarters. Wrap in waxed paper and refrigerate several hours.

Preheat oven to 375°F. Grease 2 cookie sheets. Cut each quarter into 14 equal pieces. On lightly floured surface roll each into a 7-inch-long rope. Twist two ropes together, then shape into a wreath on cookie sheet. Repeat with remaining dough. Brush on glaze. Bake 10 to 12 minutes or until pale golden brown. Let cool on wire racks. (If desired, decorate with cinnamon candies and candied citron.) Makes 28, about 135 calories each without decorations.

To prepare glaze: Dissolve sugar in brandy, add egg yolk and stir.

To store: Place in airtight container at room temperature up to 3 weeks. Or wrap well; label and date. Freeze up to 3 months.

CRANBERRY MERINGUE BARS

This is a unique cookie. The recipe was given to Mrs. Jen Borkoski, mother of our test kitchen coordinator, by her Yugoslavian-born hairdresser.

Topping
2 cups pecans, very finely chopped
½ cup sugar
½ teaspoon cinnamon
Dough
4 to 4½ cups all-purpose flour
2 teaspoons grated lemon peel
⅛ teaspoon salt
1½ cups butter or margarine
1 package active dry yeast
½ cup warm water (105°F.-115°F.)
¼ cup milk
4 egg yolks
1 jar (14 oz.) cranberry-orange relish
Meringue
4 egg whites, at room temperature
½ cup sugar

Topping: In 4-cup measure combine pecans, sugar and cinnamon. Measure out 1 cup and set both portions aside.

Dough: In large bowl combine 4 cups flour, lemon peel and salt. With pastry blender or two knives used scissor-fashion, cut in butter or margarine until mixture resembles coarse crumbs. In a small bowl dissolve yeast in warm water. Add to dry ingredients with milk and egg yolks. Mix well and turn out onto lightly floured surface. Knead 3 minutes.

Preheat oven to 350°F. Divide dough into thirds. Roll out one piece on lightly floured surface to a 16 x 11-inch rectangle. Fold in half and transfer to an ungreased 15½ x 10½-inch jelly-roll pan; unfold and work up against sides of pan. Sprinkle evenly with the larger portion of nuts. Roll out second piece of dough large enough to cover nut layer; press down firmly. Spread with cranberry orange relish. Roll out third piece of dough; cover cranberry layer and pinch edges to seal. Bake 35 minutes.

Meringue: Five minutes before baking time is up, beat egg whites in large mixer bowl until frothy. Gradually add sugar, beating just until firm peaks form. (Be careful not to overbeat.) Spread meringue over hot dough layer, sealing to edge of pan. Sprinkle with reserved nuts. Return to oven and bake 10 minutes more. Cool in pan on wire rack. Cut into bars while hot. Makes 48, about 165 calories each.

To store: Refrigerate in airtight container up to 2 weeks. Or wrap well; label and date. Freeze up to 2 months.

CHOCOLATE MINTS

If green chocolate mints aren't available, use any kind of solid *chocolate mint.*

¾ cup butter or margarine
1½ cups firmly packed dark brown sugar
2 tablespoons water
2 cups (12 oz.) semisweet chocolate pieces
2 eggs
2½ cups all-purpose flour
1¼ teaspoons baking soda
½ teaspoon salt
Green chocolate mint wafers (about 1 lb.)
Chocolate sprinkles (optional)

In a large heavy saucepan over low heat, cook butter or margarine, sugar and water until butter or margarine is melted. Add chocolate pieces and stir until partially melted. Remove from heat and continue to stir until chocolate is completely melted. Pour into large mixer bowl and let stand about 10 minutes to cool slightly. With mixer at high speed, beat in eggs one at a time. Reduce speed to low and add dry ingredients, beating just until blended. Chill dough about 1 hour for easier handling.

Preheat oven to 350°F. Line 2 cookie sheets with foil. Roll teaspoonfuls of dough into balls; place about 2 inches apart on cookie sheets. Bake 12 to 13 minutes—no longer. (Cookies will crisp as they cool.) Remove from oven and immediately place mint on each hot cookie. Allow to soften, then swirl mint over cookie. If desired, decorate with sprinkles. Remove from cookie sheets and cool completely. Makes 80, about 90 calories each.

To store: Place in airtight container at room temperature 1 week. Or wrap well; label and date. Freeze up to 3 months.

FRUITCAKE BARS

For fruitcake lovers who have no time to bake the real thing.

1 cup golden raisins
1 cup chopped dates
1 cup mixed, chopped candied fruit
¼ cup brandy
4 eggs
1 cup sugar
1 teaspoon vanilla extract
1 teaspoon grated orange peel
½ teaspoon salt
¾ cup all-purpose flour
1½ cups chopped walnuts

In small bowl combine raisins, dates and candied fruit with brandy. Stir, cover and set aside for 24 hours.

Preheat oven to 350°F. Grease and flour a 15½ x 10½-inch jelly-roll pan. In large mixer bowl with mixer at medium speed, beat eggs until mixed. Add sugar, vanilla, orange peel and salt; continue beating until combined. Stir in flour, marinated fruit and walnuts. Spread evenly in prepared pan. Bake 30 to 35 minutes. Cool in pan and cut into 3 x 1½-inch bars. Makes 35, about 75 calories each.

To store: Place in airtight container at room temperature up to 3 weeks. Or wrap well; label and date. Freeze up to 3 months.

NUTMEG NOELS

Of this year's 20 favorites this was tops.

2 tablespoons red or green colored sugar
½ teaspoon nutmeg, divided
1½ cups all-purpose flour
¾ cup sugar
1 teaspoon cream of tartar
½ teaspoon baking soda
⅛ teaspoon salt
½ cup butter or margarine, softened
1 egg
½ teaspoon vanilla extract

Preheat oven to 400°F. In small bowl combine colored sugar and ¼ teaspoon nutmeg; set aside.

In a large mixer bowl combine flour, sugar, cream of tartar, baking soda, salt and ¼ teaspoon nutmeg. Add butter or margarine, egg and vanilla. Beat at low speed until well mixed, about 3 minutes. Roll rounded teaspoonfuls into 1-inch balls. Roll in nutmeg-sugar. Place on ungreased cookie sheets about 2 inches apart. Bake 10 to 12 minutes or until centers are firm to the touch. Cool on wire racks. Makes about 40, about 55 calories each.

To store: Place in airtight container at room temperature up to 3 weeks. Or wrap well; label and date. Freeze up to 3 months.

HONEY WHEATS

½ cup butter or margarine, softened
½ cup sugar
¼ cup honey
1 egg
1 teaspoon grated lemon peel
1¾ cups all-purpose flour

(continued)

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Twenty Favorites

continued

teaspoon double-acting baking powder
¼ teaspoon salt
cup wheat germ

In large mixer bowl with mixer at medium speed, cream butter or margarine, sugar and honey. Add egg and lemon peel and beat well. Mix in flour, baking powder, salt and ½ cup wheat germ. Chill until firm, about 4 hours or overnight.

Preheat oven to 350°F. Roll dough into 1-inch balls. Roll each in remaining wheat germ. Place on ungreased cookie sheets, flattening slightly. Bake 10 to 12 minutes. Makes 3 dozen, about 75 calories each.

To store: Place in airtight container at room temperature for 1 week. Or wrap well; label and date. Freeze up to 3 months.

PISTACHIO ANGELS

Perfect for the dieters in the crowd—only 35 calories each!

3 egg whites, at room temperature
⅛ teaspoon salt
1 cup sugar
½ teaspoon almond extract
Green food coloring
¾ cup finely chopped pistachio nuts or blanched almonds

Preheat oven to 300°F. Line 2 cookie sheets with foil; set aside.

In large mixer bowl with mixer at high speed, beat egg whites and salt until frothy. Gradually add sugar, 2 tablespoons at a time. Add extract and continue beating for about 5 minutes until sugar is dissolved and mixture holds stiff peaks. Beat in enough food coloring to tint a pale green. Fold in nuts.

Drop by rounded teaspoonfuls about 2 inches apart onto cookie sheets. Bake 30 minutes. Cool completely on cookie sheets set on wire racks. Peel away from foil when cooled. Makes about 40, about 35 calories each.

To store: Place in airtight container up to 1 month at room temperature.

STAINED GLASS COOKIES

Kids will have fun helping make these.

½ cup shortening
¾ cup sugar
¼ cup sour cream
½ teaspoon vanilla extract
2 cups all-purpose flour
¼ teaspoon nutmeg
¼ teaspoon salt
¼ teaspoon baking soda
1 package (10 oz.) sour ball candies (about 1½ cups)

In a large mixer bowl with mixer at medium speed, cream shortening with sugar until light and fluffy. Add sour cream and vanilla. Beat until well blended. Stir in dry ingredients just until mixed. Chill overnight.

Separate sour balls into individual colors. Remove wrappers and place in plastic bag. With hammer or mallet smash into small pieces. Repeat with each color.

Preheat oven to 375°F. Line 2 cookie sheets with foil. Taking about 1 tablespoon of dough at a time, roll into ropes about ⅜ inch in diameter. Use rope to form outline of tree or other desired shapes. Fill centers of outline with crushed sour balls so that bottom of foil is covered completely. Bake 10 to 12 minutes. Do not overbake or candy will caramelize. Let cool on cookie sheet for about 30 minutes or until candy is firm. Peel cookies from foil. Makes about 20 5-inch cookies, about 175 calories each.

To store: Place in airtight container at room temperature up to 3 weeks. Do not freeze.

PECAN BARK

An unusual yeast cookie that makes a great dunker for morning coffee.

Dough
1 cup all-purpose flour
½ cup whole wheat flour
2 tablespoons sugar
½ teaspoon salt
½ cup butter or margarine
¼ cup warm water (105°F.–115°F.)
1 package active dry yeast
¼ cup evaporated milk, undiluted
1 egg yolk
Nut mixture
2½ cups chopped pecans
1 cup sugar
2 teaspoons cinnamon
1 egg white, slightly beaten

Dough: In a medium bowl combine flours, sugar and salt. With pastry blender or two knives used scissor-fashion, cut in butter or margarine until mixture resembles coarse crumbs. In small bowl combine water and yeast; stir until yeast is completely dissolved. Stir into dry ingredients; add evaporated milk and egg yolk. Beat with a wooden spoon until well blended. Cover bowl tightly; refrigerate 2 to 24 hours.

Nut mixture: In medium bowl combine pecans, sugar and cinnamon. Reserve 1 cup and set aside.

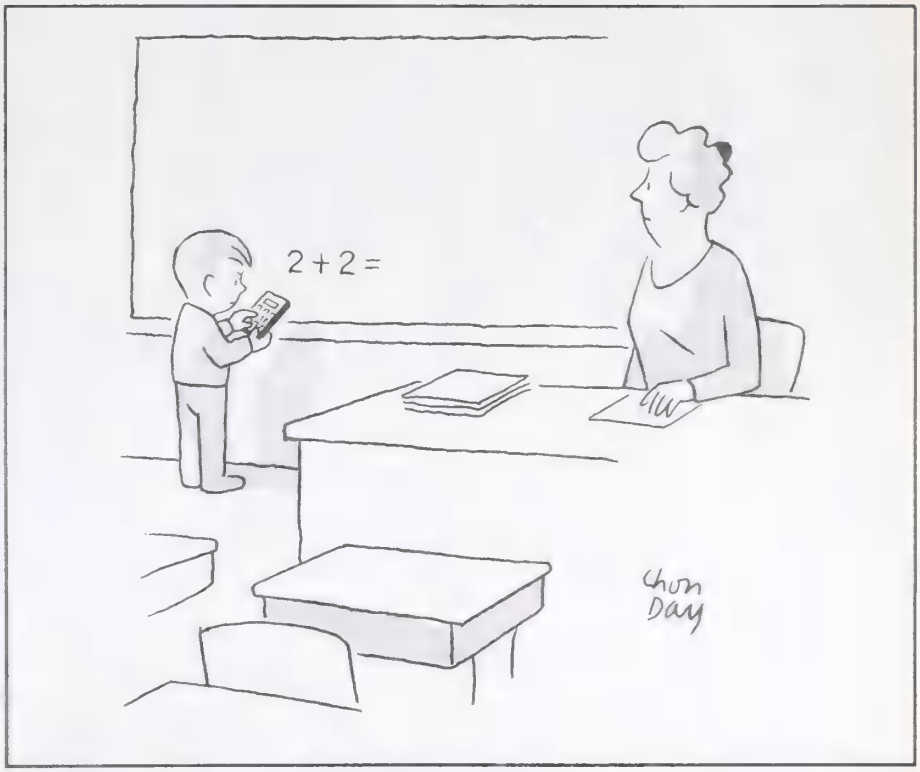
When ready to bake, preheat oven to 400°F. Grease 2 large cookie sheets; set aside. Sprinkle some nut mixture on a long sheet of waxed paper. (Dampen work surface to prevent waxed paper from slipping.) Turn half the dough onto waxed paper. Sprinkle dough with more nut mixture. Roll out to a small rectangle. Fold into thirds. Repeat rolling and folding until half the nut mixture is used. Top with waxed paper and roll out to a 15x10-inch rectangle. Peel off top sheet of waxed paper and invert a large greased cookie sheet on dough. Flip over; peel off paper. Brush with egg white and sprinkle with half the reserved nuts. Repeat with remaining dough and nuts. Bake 15 minutes, or until crisp. Cut into diamonds or squares while hot. Remove from cookie sheets and cool on wire racks. Makes about 4 dozen, about 90 calories each.

To store: Place in airtight container at room temperature up to 3 days. Or wrap well; label and date. Freeze up to 2 months

CHECKERBOARDS

These are a bit more time consuming to make than some of our 20 favorites, but the effect is charming.

1½ cups all-purpose flour
½ teaspoon double-acting baking powder
¼ teaspoon salt
1 square (1 oz.) unsweetened chocolate
½ cup butter or margarine, softened
¾ cup sugar
1 egg
½ teaspoon vanilla extract *(continued)*



Twenty Favorites

continued

In small bowl combine flour, baking powder and salt; set aside. Melt chocolate in top of double boiler over hot, not boiling, water. Remove from heat; set aside.

In mixer bowl with mixer at medium speed, cream butter or margarine and sugar just until well mixed. Beat in egg and vanilla. Add dry ingredients and continue mixing just until combined. Divide dough in half; stir chocolate into one until well blended. Wrap and chill both doughs until firm, at least 2 hours.

Divide each dough portion in half; shape each half into 6-inch logs. Refrigerate until firm, at least 30 minutes. Gently press sides of logs to square off the edges. On work surface place two logs, one chocolate and one vanilla, side by side. Press together slightly so sides touch. Top with remaining logs, placing the chocolate on top of the vanilla to form a checkerboard pattern. If needed, press sides to square off. *(Can be prepared ahead to this point. Wrap and refrigerate up to 1 week or freeze up to 6 weeks.)*

Preheat oven to 350°F. Cut dough into ¼-inch slices. Place on ungreased cookie sheets about 1 inch apart. Bake 10 to 12 minutes or until edges are golden. Cool on wire racks. Makes about 2 dozen, about 95 calories each.

To store: Place in airtight container at room temperature up to 2 weeks. Or wrap well; label and date. Freeze up to 3 months.

LEBKUCHEN

Don't panic after baking these spicy German cookies—they will soften in 3 to 4 days if kept in airtight container.

¾ cup honey
¼ cup molasses
¾ cup firmly packed brown sugar
1 egg
1 tablespoon lemon juice
3 cups all-purpose flour
1 teaspoon cinnamon
½ teaspoon ground allspice
½ teaspoon ground nutmeg
¼ teaspoon ground cloves
¼ teaspoon anise seed, crushed
½ cup finely chopped walnuts
¼ cup finely chopped citron
Glaze
1 cup granulated sugar
½ cup water
¼ cup confectioners' sugar

In a medium saucepan heat honey and molasses to boiling. Cool. Add brown sugar, egg, lemon juice and peel. In large mixing bowl combine dry ingredients with walnuts and citron; pour honey-egg mixture over and stir until well combined. Wrap in waxed paper and refrigerate overnight (or up to 72 hours) to mellow flavors.

Preheat oven to 400°F. Grease 2 cookie sheets. Divide dough into quarters. On a well floured board, roll one quarter of dough ¼ inch thick. Cut into 3x1½-inch rectangles. Place on greased cookie sheets. Bake 10 to 12 minutes. Brush immediately with glaze. Repeat with remaining dough. Makes 5 dozen, about 75 calories each.

To prepare glaze: In small saucepan combine granulated sugar and water. Boil to 230°F. (or until thread begins to form when mixture is dropped into cold water). Remove from heat. Stir in confectioners' sugar. Keep warm.

To store: Keep up to 4 weeks in airtight container. Or wrap well; label and date. Freeze up to 3 months. Place in tightly covered container several days before serving to soften.

CHOCOLATE-NUT CHEWIES

1 package (6 oz.) semisweet chocolate pieces
½ cup butter or margarine, softened
1 cup sugar
1 egg
1 teaspoon vanilla extract
1 cup all-purpose flour
¼ teaspoon baking soda
¼ teaspoon salt
1 cup finely chopped walnuts
⅔ cup quick-cooking oats, uncooked

In top of double boiler over hot, not boiling, water, melt chocolate pieces. Remove from heat, set aside.

Preheat oven to 350°F. Grease 2 cookie sheets. In large bowl with mixer at medium speed, cream butter or margarine and sugar until fluffy. Beat in egg, vanilla and melted chocolate. Add flour, baking soda and salt, mixing until just combined. Stir in walnuts and oats. Roll dough into 1½-inch balls; place on cookie sheets. Using flat-bottom glass, flatten each to 3-inch circle. Bake 12 to 15 minutes. Remove to wire rack to cool. Makes about 2 dozen, 160 calories each.

To store: Place in airtight container at room temperature up to 2 weeks. Or wrap well; label and date. Freeze up to 1 month.

AUNTIE MARY'S

Served each Christmas in the home of one of our assistant food editors, Susan Sarao, thanks to her Aunt Mary.

½ cup butter or margarine, softened
1 package (3 oz.) cream cheese, softened
½ cup sugar
½ cup firmly packed brown sugar
1 egg
1 teaspoon vanilla extract
2 cups all-purpose flour
½ teaspoon double-acting baking powder
¼ teaspoon salt
Filling
⅔ cup sweetened condensed milk
⅔ cup (4 oz.) semisweet chocolate pieces
½ cup chopped walnuts
Confectioners' sugar

In a large mixer bowl with mixer at medium speed, cream butter or margarine, cream cheese and sugars until light and fluffy. Add egg and vanilla and beat until well mixed. Stir in flour, baking powder and salt. Divide dough into quarters and wrap in waxed paper; refrigerate for at least 2 hours or overnight. *(continued)*



"We've come over to squelch an ugly rumor that your hot chocolate and cookies aren't what they used to be."

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or the Nights Before Christmas.®

Friends just thought they'd drop by. Last night, it was a neighbor. No matter. With Le Domaine Champagne and California Avocados in the house, you've got the holiday spirit.

Le Domaine Champagne is everyone's pleasure; fermented in the bottle for full flavor, fine bouquet. And the cool, golden-green California Avocado. So simply delicious, Santa couldn't ask for an easier, more elegant helper.

Just remember to have them *both* back for New Year's Eve.

California Avocado Gift Wrap

2 California Avocados, peeled and quartered
8 thin slices of ham
8 lemon wedges
Fold ham slices in half lengthwise and wrap around avocado quarters. Secure with picks. Serve with a splash of lemon. 8 servings.

California Avocado Holiday Hors d'oeuvre

Put California Avocado cubes on toothpicks and secure with shrimp, olives, cherry tomatoes, cheese and other favorite goodies. Make plenty, as they go fast!





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are frozen right at sea. Befo

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catch the fish yourself.

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Rice on the side. A fresh idea every time.

Rice is both delicious and easy to make. By itself, it costs only about 3¢ a serving. And, you can make a different rice side dish every night of the week. From top to bottom in the above photograph, you'll find some examples of simple-to-make dishes you can serve tonight using cooked rice.

• Sauteed green peppers and green onions tossed with rice • Rice mixed with pineapple, raisins and sliced almonds • Rice mixed with chives and bacon bits • Sauteed green peppers and onions added to rice with chopped tomato • Cooked carrots, sauteed mushrooms and celery added to rice.

Rice takes only about 20 minutes to cook. Just follow the simple directions on the package. And because rice is so satisfying, you can serve smaller portions of meat, cut down your grocery bills and still serve your family the great-tasting, nutritious meals they deserve.

Once you try rice, you'll want to serve it often. Because, when you do, you'll see that going with the grain can make life a little easier for you.

RICE

©Rice Council of America 1980

For great side dish recipes and ideas, send a self-addressed, stamped envelope to: Rice Side Dishes, P.O. Box 22800, Houston, Texas 77027.

Twenty Favorite

continued

Filling: In medium saucepan combi condensed milk and co over medium heat until chocolate melted. Remove from heat; stir in w nuts. Cool to room temperature.

Preheat oven to 350°F. Grease 2 cool sheets. On a well floured surface roll ea ball of dough into a 10x6-inch rectang Spread ¼ of the filling lengthwise do the center of each. Fold in thirds ov filling. With a metal spatula transfer ro to cookie sheets, seam side down. Bake minutes or until light brown. Remove wire racks to cool. Sprinkle each roll wi confectioners' sugar and cut into 12 slice Makes 4 dozen, about 95 calories each. *To store:* Place in airtight container. Sto at room temperature for up to 3 week Or wrap well; label and date. Freeze to 3 months.

SWEDISH SPRITZ

You'll need a cookie press for these.

2 cups all-purpose flour
½ teaspoon double-acting baking powde
¼ teaspoon salt
1 cup butter, softened
¾ cup sugar
1 egg
½ teaspoon almond extract *or* 1 teaspoo vanilla extract
Candied cherries, for garnish

In a small bowl combine flour, bakin powder and salt; set aside.

In large mixer bowl with mixer at m dium speed, cream butter with sugar u til light and fluffy. Beat in egg and flavo ing. Add dry ingredients and continu mixing on low speed just until combine *(Can be prepared ahead to this poin Wrap well and refrigerate up to 1 wee When ready to bake, remove dough fro refrigerator and let stand at room tem perature to soften, about 20 minutes.)*

Preheat oven to 375°F. Attach desire tip to cookie press; fill press with dough Press dough onto ungreased cook sheets, about 2 inches apart. Garnis with candied cherries. Bake 8 to 10 min utes or just until lightly golden aroun the edges. Remove to wire racks to coo Repeat with remaining dough. Make about 6½ dozen, about 45 calories each. *To store:* Place in airtight container at roo temperature up to 3 weeks. Or wrap wel label and date. Freeze up to 3 months.

Jerry Marcus

n ugly rumor that your hot 't what they used to be."



MRS. PAUL'S FISH FILLETS COME DRESSED FOR DINNER. NOT WINTER.



Some fish fillets taste so heavily coated, you'd think they were dressed for winter. But not Mrs. Paul's fish fillets.

Mrs. Paul's Crunchy Light Batter is crisp, golden and delicious. Unlike most other brands, it doesn't taste doughy or greasy. It's made with natural ingredients. And it's not too thick.

So our batter doesn't disguise the fillets inside. One crisp crunch and you're enjoying the just-caught flavor of our mild and flaky fish. Only Mrs. Paul's fish fillets are frozen right at sea. Before the freshness gets away.

To get a fish fillet any milder or lighter tasting than Mrs. Paul's you'd have to start by traveling up north to catch the fish yourself.

Now that's something you need a heavy coat for.



Mrs. Paul's You can taste the care.

Twenty Favorites

continued



EXTRAVAGANZAS

These super-rich squares keep beautifully.

Crust
1 cup all-purpose flour
¼ teaspoon salt
6 tablespoons butter
1 tablespoon water
Apricot Layer
1 cup (about 6 oz.) dried apricots
1½ cups water
⅓ cup sugar
Almond Layer
½ cup butter, softened
½ cup sugar
2 eggs
¼ cup all-purpose flour
1 cup (about 4 oz.) ground blanched almonds
1 teaspoon vanilla extract
⅛ teaspoon almond extract
Icing
½ cup confectioners' sugar
1 tablespoon milk
½ teaspoon vanilla extract

Crust: In medium bowl combine flour and salt. With pastry blender or 2 knives used scissor-fashion, cut in butter until mixture resembles coarse crumbs. Sprinkle in water, tossing with a fork, until pastry is just moist enough to hold together. Press into 9-inch square pan. Refrigerate 15 minutes. Preheat oven to 400°F. Bake 15 minutes.

Apricot Layer: Meanwhile, in small saucepan combine apricots, water and sugar. Bring to a boil. Reduce heat and cook until apricots can be mashed with a fork (about 15 minutes). Cool to room temperature.

Almond Layer: In large mixer bowl with mixer at medium speed, cream butter and sugar until light and fluffy. Add eggs, one at a time, and beat until well mixed. Stir in flour, almonds and extracts.

Reduce oven temperature to 350°F. Spread apricot mixture evenly over pastry. Cover with almond mixture. Smooth with a spatula. Bake 30 to 35 minutes. Cool in pan. Drizzle with icing, if desired. Cut into small squares. Makes about 3 dozen, about 120 calories each.

Icing: In small bowl combine confectioners' sugar with milk and vanilla; stir until smooth.

To store: Refrigerate in airtight container up to 2 weeks. Or wrap well; label and date. Freeze up to 3 months.

CHOCK FULLS

An applesauce cookie chock full of spices, chewy raisins, crunchy nuts.

¼ cup butter or margarine, softened
¼ cup shortening
1 cup sugar
1 egg
2 cups all-purpose flour
½ teaspoon salt
½ teaspoon double-acting baking powder
½ teaspoon baking soda
1½ teaspoons cinnamon
¼ teaspoon nutmeg
¼ teaspoon cloves
1 cup applesauce
¾ cup seedless raisins
1 cup chopped walnuts
Icing
1 cup confectioners' sugar
2 tablespoons milk
1 teaspoon vanilla extract
6 dozen walnut halves (optional)

Preheat oven to 375°F. In large mixer bowl with mixer at medium speed, cream butter or margarine, shortening and sugar until light and fluffy. Add egg and beat until well blended.

In separate bowl combine flour, salt, baking powder, baking soda, cinnamon, nutmeg and cloves. Add to creamed mixture alternately with applesauce. Stir in raisins and nuts. Drop batter by rounded teaspoonfuls 2 inches apart on ungreased cookie sheets. Bake 12 to 14 minutes. Cool on wire racks. When cool, spread icing on each cookie and, if desired, top with a walnut half. Makes 6 dozen, about 65 calories each.

To prepare icing: In small bowl combine confectioners' sugar, milk and vanilla; stir until smooth.

To store: Place in airtight container up to 3 weeks at room temperature. Or wrap well; label and date. Freeze up to 3 months.

CHRISTMAS CHERRY TARTS

Miniature cheesecakes topped with a gleaming cherry.

⅔ cup graham cracker crumbs
2 tablespoons butter or margarine, melted
1 package (8 oz.) cream cheese, softened
1 teaspoon vanilla extract
1 egg
⅓ cup sugar
24 cherries from can of cherry pie filling (use remainder for another purpose)

Preheat oven to 375°F. Grease two 1¾-inch tartlet or small cupcake pans. Combine graham cracker crumbs with butter or margarine; press a rounded teaspoonful of crumb mixture into each cupcake pan. Beat cream cheese, vanilla, egg and sugar until well blended. Fill each cupcake pan. Bake 10 minutes. Chill thoroughly. When ready to serve, run a thin knife around each cookie and lift out of pan. Top with a pie cherry. Makes 24, about 75 calories each.

To store: Refrigerate in airtight, covered container up to 1 week. Or omit cherry; wrap well; label and date. Freeze up to 3 months. To serve, thaw; top with cherry.

CHEWY MACAROONS

Easy on the calories. Indulge!

1 tablespoon all-purpose flour
½ cup sugar
¼ teaspoon salt
2 egg whites at room temperature
½ teaspoon vanilla extract
2 cups flaked coconut
Candied cherry halves

Preheat oven to 325°F. Lightly grease and flour 2 large cookie sheets; set aside.

In small bowl combine flour, sugar and salt. Mix well and set aside. In large mixer bowl beat egg whites until stiff but not dry. Beat in vanilla. Fold in dry ingredients, then coconut. Drop by rounded teaspoonfuls onto cookie sheets about 2 inches apart. Press candied cherry half into center of each. Bake 20 to 25 minutes or until pale golden brown. Cool completely on cookie sheets set on wire racks. Makes about 2 dozen, about 55 calories each.

To store: Place in airtight container. Store at room temperature up to 2 weeks. Or wrap well; label and date. Freeze up to 1 month.

PECAN STARBURSTS

½ cup butter, softened
¾ cup sugar
1 egg
Grated peel of 1 lemon
1 teaspoon vanilla extract
2 cups all-purpose flour
½ cup ground pecans
½ teaspoon salt
¼ teaspoon baking soda
6 tablespoons strawberry or raspberry jelly
Confectioners' sugar

In a large mixer bowl with mixer at medium speed, cream butter and sugar until light and fluffy. Add egg, lemon peel and vanilla and beat until well blended. Stir in flour, pecans, salt and baking soda. Gather dough into a ball; wrap. Refrigerate several hours.

Preheat oven to 350°F. Grease 2 cookie sheets. On lightly floured surface roll half the dough ⅛ inch thick. With a 2½-inch round cookie cutter cut out 18 circles. Use a 1-inch star-shaped canapé cutter to cut out center of each. Place on cookie sheet. Repeat with remaining dough, but do not cut out centers. Reroll scraps. Bake 12 to 15 minutes. Cool on wire racks. Sprinkle cookies with cut out centers with confectioners' sugar. Place a teaspoon of jelly on round half of each cookie and sandwich with star halves. Makes 18 cookies, about 165 calories each.

To store: Keep unfilled cookies in airtight container up to 3 weeks. Fill just before serving. Or wrap unfilled cookies well; label and date. Freeze up to 3 months. Fill just before serving. **End**

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New Salem Ultra

The first Ultra low tar that stands for refreshment!



Above all it's a Salem.

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50 (Country Christmas Ideas)

continued from page 93

All pictured on pages 86–93

1. SWEET BOUQUETS—Designed by Stanley Hura

MATERIALS: Grapevine wreath, 16" dia. (from garden supply store), Baby's Breath, skyrockets, white bunches of small millinery flowers in pink and blue, 1½ yds. ⅜" wide velvet ribbon, purple; wire.

Wire together small bunches of skyrockets, cutting stems short. Break off short sprigs of baby's breath and wire into bunches. Wire bunches of millinery flowers to wreath. Wire bunches of baby's breath and skyrockets in between until wreath is well studded. Wire center of length of ribbon to back of wreath at top, then wind ends in opposite directions around thickness of wreath, crisscrossing where they meet. Wire ends of ribbon at center top of back. Add a small loop of wire at top back edge for hanging.

2. YULE CIRCLE—Designed by Stanley Hura

MATERIALS: Plywood, 18" x18" x ½" thick, lengths of white birch 1½", 2", 2½" in dia., statice, tiny pinecones, red berries, wire, Elmer's Glue.

Cut white birch into 2", 3" and 4" lengths. On plywood draw a 12" circle inside an 18" circle. Cut out both. Glue birch rounds to plywood wreath, alternating heights and diameters. Wire together bunches of statice, cutting stems short. Glue between birch rounds. Glue tiny cones and artificial red berries in between until area is covered.

3. KNIT-1, PURL-1—Designed by Stanley Hura

MATERIALS: 8 skeins multicolor boucle yarn, 1 pr. ea. #10½ and #15 knitting needles, wire coat hanger, 7 sections, ea. 1½" long, cut from paper towel tube.

Untwist wire hanger and shape into circle. Before closing circle, slip 7 skeins of yarn over the wire, with a section of cardboard tubing between. Twist wire ends to close circle and space skeins and tubes evenly around. Wind yarn from 8th skein around cardboard tube sections between skeins. Insert knitting needles through skeins at side of wreath.

4. BAG OF GOODIES—Designed by Veronica Romano

MATERIALS: Laundry bag (natural unbleached fabric), red dye, 20" x 32" sheet of bristol board or thin cardboard, newspaper, gift-wrapped packages of various shapes, wide ribbon bow, panda or other toy.

Remove drawstring from laundry bag, dye red. Press. Turn about 14" of bag top to inside, then fold 6" of double top edge over outside to form a collar. Cut 5" wide lengths of cardboard; overlap ends and staple, or tape ends into one long strip. Cut to circumference of bag. Slide up under collar to keep top open wide. Stuff bag to within 4" of top with crushed newspaper. Fit gift-wrapped packages into bag, gluing to each other and to sides of bag to hold arrangement. Tuck panda in. Pin or sew bow to bag's collar.

5. SWAG-A-HOUSE

MATERIALS: A long, thick evergreen garland, green florist wire, large picture hanging hooks or long finishing nails, large bow of wide ribbon.

Make or purchase evergreen garland. Hammer in picture hanging hooks or finishing nails at points from which garland will be suspended. Twist length of florist wire around thickness of garland at each high point of the swag; hook wire over the picture hook. Trim with bow in the center.

6. BASKETS OF PLENTY—Designed by Ruth I. Katz

MATERIALS: Long evergreen branches, [illegible] of statice, 3 small baskets with handles—different shapes, weaves, 2 doz. green, 1 doz. red, each 2"–2½" dia. Christmas balls, 2 doz. pinecones, assorted sizes, newspaper, shirt cardboard, Elmer's glue, picture wire, 4 yds. red and white checked ribbon 1½ yd. green and white checked ribbon, both 1" wide; 2 yds. red ribbon, 2¼" wide.

Wire evergreen branches together securely to make door spray. Fill each basket halfway with crumpled newspaper, leveled. Cut shirt cardboard to fit basket; glue to newspaper. Arrange layer of assorted sizes of Christmas balls (all same color) and pinecones atop cardboard and glue down. (Cover work area with newspaper; if glue drips through openings in basket, wipe immediately with damp cloth.) Continue to add balls and pinecones, gluing to those below, until basket is heaped. Allow to dry 24 hrs. Test to be sure balls are firm; lift and re-glue any loose ones. Tuck sprigs of statice between balls. Make bows to tie at sides of basket handles. Work wire between weave of basket and tie to evergreen spray. Loop wide red ribbon into bow and wire at top of spray.

7. READY SLED

Prop an old or a new sled against the front of your house. Ours is a Flexible Flyer, 48" long, about $38, by Blazon, 200 5th Ave., NYC 10010.

8. MOUNTAIN GREENERY

MATERIALS: 2 evergreen trees in pots—3½'–4' high, baskets large enough to fit size of pots.

Lower potted trees into basket. Place one each side of a protected entrance door.

9. COME ON IN—Designed by Stanley Hura

MATERIALS: Bare birch branches, evergreen branches, assorted mittens, Styrofoam balls, 2½" and 4" dia.; wire, shredded foam rubber, extra-long common pins, can of spray snow, 1 yd. 1½" wide green grosgrain ribbon.

Arrange bare branches into spray shape and wire together. Spray wired branches and Styrofoam balls with snow. Wire evergreen branches to bare branch spray. Fill mittens with shredded foam rubber to pad to thickness of hands; wire to spray (see picture on page 87). Wire 2½" Styrofoam balls next to palms of mittens (run length of wire through snowball, then twist ends to branches). Use pins to hold mittens around snowballs. Wire 4" Styrofoam balls to spray as desired. Tie ribbon bow at top. Spray lightly with snow, adding heavier coatings to snowballs. Mittens from Abraham & Straus, Brooklyn, N.Y.

10. PRETTY CRAFTY; 11. COUNTRY FRAMING—Designed by Barbara Martin

MATERIALS: ¼ yd. each red and green fabric, 1 yd. print (40" or wider), 2 lbs. polyester stuffing, spray can of Scotchgard.

Cut each fabric lengthwise into 10"-wide strips. Sew lengths of same fabric end-to-end to make one long strip approximately 72" long. Fold each lengthwise, right sides facing; stitch along edge to make tube. Leave 6" opening at center to facilitate stuffing. Turn right side out and stuff loosely with polyester filling. Stitch opening. Hold ends of three stuffed tubes together with a rubber band and braid tightly. Form braid into an approximately 22" circle. Trim excess, stitch ends together. For bow, join two remaining 10" wide lengths of print end-to-end, fold lengthwise, right sides facing, stitch edge. Turn right side out, press flat, finish ends. Loop into a bow. Tie to wreath with length of ribbon. Spray with Scotchgard.

For door frame, use 3¼ yds. of each fabric, 10 lbs. polyester stuffing. Using same technique as for wreath, make three strips approximately 10' long. After stitching one end of each closed, hold tubes together at one end with a rubber band and braid length loosely. Fit completed braid to door, trimming to length, and stitching tubes together at ends. NOTE: If making both garland and wreath, buy 4 yds. of each fabric. Join lengths of each to make 12 yd. tubes; cut off 2 yds. after braiding for wreath.

12. TISKET-A-TASKET—Designed by George Gallarello

MATERIALS: Mushroom basket, tempera paints in colors desired, paintbrush, carbon paper, fine sandpaper, Krylon Crystal Clear Spray.

Remove metal handle from basket. Sand clean any marks or soil, sand smooth area where design will be painted. Draw design on paper. When perfected, with carbon paper between, tape to basket. Trace. Remove pattern and carbon paper. Paint. Spray with Crystal Clear Krylon to protect. Fill with greens and balls.

13. LITTLE GLOWS

MATERIALS: Clear votive candle cups (or small old-fashioned glasses), white votive candles.

Set candle in center of cup or glass. Light.

14. RINGS OF POPCORN

MATERIALS: Styrofoam wreath form, popped corn, heavy white thread, red berries (artificial or fresh cranberries), 2 pkgs. red yarn tie, box of extra-long common pins.

String popped corn. Pin strings to Styrofoam wreath with large common pins every 3" to 4", cover entire ring. Stud with berries pinned to Styrofoam. Cut yarn tie into three equal lengths; tie together at one end. Shut tied end into a drawer to hold as you braid lengths. Tie or stitch to finish off end. Fold in half, slip looped end around wreath, slipping open ends through. Pull tight, then tie yarn bow.

15. FIREPLACE MATCHES

MATERIALS: 4 pcs. wood 8½"x4½"x⅛"(or 3/16") thick, 1 pc. wood 4"x4"x⅛" thick, 1 pc. wood 4 ft. (approx.) ⅛"x¼" thick, 4 boxes safety matches (approx. 250 per box), Elmer's Glue-All, Krylon spray paint (Cherry Red #2101), Krylon Crystal Clear spray, fine blade coping saw, Elmer's carpenters' woodfiller, metal ring for hanging.

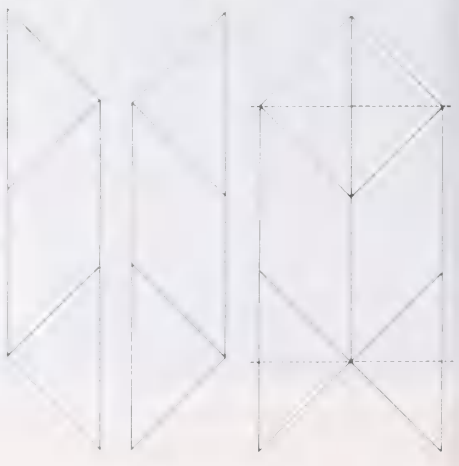
Strike each match and extinguish immediately to produce blackened end. Do one box at a time. Gently scrape burned residue from match head.

Apply a 1" wide swath of glue down side of one 4½"x8½" board. Starting at bottom short edge, lay matches one above the other, burned end up, along left edge. Lay second row in same way right next to first row. Continue applying glue and matches in the same fashion until all four boards are covered. Allow to dry overnight.

Mark center of long sides of boards. On two, draw lines from upper left corner to middle right edge and from middle left edge to bottom right corner. Cut apart along these lines with fine blade coping saw. Turn center sections so that newly cut edges form left and right sides, and fit triangles at top and bottom with all matches running the same direction to form a rhomboid (see diagram below). Apply glue to side edges. Press firmly together. On remaining two boards, draw lines from upper right corner to middle left edge and from middle right edge to bottom left corner. Cut apart along lines, reassemble and glue together to form a rhomboid on which matches run in opposite direction to those on first pair of sides (see diagram below). When glue has dried, cut all four in half vertically. Glue one section of each pair together so that matches form a herringbone. Cut straight across top and bottom so that each side now measures 3"x9" (dotted rules). Glue 2 sides together to form right angle. Repeat with other 2. When firm, glue together to form square.

Frame each side using ⅜" wide x ¼" thick wood. Cut four strips each ¼" longer than the width of the side to fit along the bottom edge. Glue the first in place with its left end even with side of box, its right end extending ¼" beyond. Place next three with left ends butting against extended ¼" and right end extending ¼". Last strip applied will extend to cover end of first applied. Cut 8 strips to fit from bottom strip to top of box. Glue a strip to each side edge of front and back making sure that its outer edge is even with the outer edge of the bottom strip. On sides, glue strips on each side with side edge butting against side edge of strip on adjoining side. (More of herringbone pattern shows on front and back.)

At top edge, use ¼" thick wood for (*continued*)



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frame. Cut lengths to fit and apply as at bottom with end of one extending to cover thickness of next. Cut wood square to fit bottom of box, affix with glue. Fill all joins in trim with Elmer's carpenters' wood filler, sand smooth when dry.

Dust carefully. Mask out herringbone sections with strips of tape and spray with Cherry Red Krylon, inside and out. Apply two or three more coats, allowing paint to dry thoroughly between. Remove masking tape and spray exterior with several coats of Krylon Crystal Clear. Screw metal ring for hanging at center top of back.

16. CARDINAL REDS

MATERIALS: Wreath of greens, feathered cardinals from a florist), red Christmas balls, bow of 2" wide red and white checked ribbon.

Position and wire cardinals and Christmas balls to wreath. Wire on bow.

17. STRING THINGS

MATERIALS: Balls of rope or twine in various sizes, candles of varying heights and diameters, several plastic bobèches if needed.

Insert candle into hole in center of ball of twine. If candle is narrower than hole, place a plastic bobèche atop ball of twine to hold candle firm and catch drips.

18. YUM-YUM TREE

MATERIALS: 110–120 rock candy swizzle sticks, 20 yds. ea. ⅛" wide red and green velvet ribbon, Styrofoam cone about 8" high, spool wire or twistems.

Remove ball end of all swizzle sticks (can be clipped off with scissors). Cut ribbon into 13" lengths, fold over ends and twist with wire at center to make 4½" bows—55 of each color. Wire a bow to each swizzle stick. Insert 18 swizzle sticks with red bows around bottom of cone. Insert 18 with green bows 1" above, filling the spaces between those of the row below. Continue alternating rows of red and green. As cone tapers, the wooden ends of swizzle sticks must be shortened. At very top insert stick with both a red and a green bow down into cone.

19. SINGING OUT CAROLERS—Designed by Joy Millard

MATERIALS: Bottles: 32 oz. for father, 16 oz. for mother, 10 oz. for child; Styrofoam balls: 4" dia. for mother and father, 3" for child; Elmer's glue, ½ yd. knit fabric or three white stretch socks, 9"x12" felt rectangles (3 ea. brown and black, 2 red, 1 brown), ¼ yd. each small patterned cottons, ⅓ yd. calico pattern, scraps of white plush or velvet, short ends of embroidered edging or lace, 4-ply yarn in brown, black and yellow; polyester stuffing, lengths narrow red and green velvet ribbon, paper towel tube.

Body forms: Position Styrofoam ball on bottle neck for head as desired and push down. Remove ball and ream hole deeper. Dribble glue around bottle neck. Push ball firmly down in place. Cut pieces of knit fabric (9½"x14" for father; 8½"x14" for mother; 7¾"x11" for child), fold in half lengthwise and seam long side. Turn right side out, gather at top and slide over ball and bottle, pulling down to gather at bottom. Or fashion socks over bottles.

Father Caroler: Trace outline of bottle bottom on black felt. At one side of outline draw tips of two shoes. Cut out ⅛" outside of line. Trace shoe tips only on felt, cut out, place on top of shoe tips attached to circle and stitch close to the edge. Set bottle on felt circle and handstitch around. Fit brown felt to bottle for trousers. Cut, seam, turn and slip up on bottle, tacking at waist and stitching to black felt at bottom. Cut a 5"x12" strip of green felt for arms. Cut two 2½"x3" pieces of red felt; fold each in half and cut mitten shapes, thumb at folded edge. Unfold and center wrist end of mitten along short end of arm strip; sew together. Fold arm strip and mittens lengthwise, seam out, and stitch along edges leaving 1½" at center of arm strip open. Turn right side out and stuff. Sew center of arm strip to body form at shoulders. Using two rectangles of green felt, cut out a knee-length, sleeveless, A-line coat and a 2½" wide collar. Seam coat up back; machine stitch outer edges of coat and collar. Fit coat on body, cutting slits for arms. Fit collar over coat and stitch both to body around neckline. Cut two 1"x5" strips green felt for cuffs, fit over wrists and stitch to coat. Cut two ½"x⅝" black felt ovals for eyes, one ⅜"x¾" red felt oval for mouth. Position on face (see page 88), glue in place. Cut brown yarn for hair and mustache; 36 strands 10" long, 10 strands 4½" long. Lay 10" strands side by side over top of head, stitch at center. Arrange length across forehead and around back, tacking ends to head. Tack center of strands for mustache above mouth, twist ends out over cheeks, trimming shorter if necessary and tacking in place. Make hat from black felt, cutting 4½" circle for top, two 2⅝"x8" strips for crown, two 5½" circles for brim. Join 8" strips end to end; fit around 4½" circle and stitch. Put two 5½" circles together; machine stitch around outer edge and ¼" in from edge. Cut 4" dia. circle from center, then clip and fit brim to lower edge of crown. Sew together, turn right side out and sew to head. Cut a 3½"x25" length of fabric for scarf. Fold lengthwise, stitch ends and long side leaving opening for turning. Turn, stitch closed and tie scarf around neck of figure. Tie narrow red velvet ribbon around crown of hat.

Mother Caroler: Attach black felt shoes as for Father. From calico, cut a 10"x18" piece for dress, a 5"x11" strip for arms. Make green felt mittens as for Father. Complete arms as for Father and join to body. Seam dress along 10" sides, leaving top 3" open for armhole. Cut 3" slash down from top on opposite side. Make a ¾" casing at top. Turn up ⅛" hem. Thread string or ribbon through casing. Fit dress on body form, slipping arms through side slits. Draw string and tie tightly to gather at neck. Cut snippets of black felt for downcast eyelashes, a ⅛"x½" red felt oval for mouth; position on face and glue in place. Cut 30 strands 10" long black yarn. Lay side by side over top of head, stitch along center. Draw hair to back of head and stitch ends down. Make cape from two 6"x9" pieces of red felt. Join along 6" edge, then line with calico. Gather across top and fit cape to figure, stitching at neckline. For bonnet cut 8" circle of red felt for crown, 2" wide semicircle for brim. Cut linings of calico to same sizes. Place felt circle atop calico circle, stitch together at edge, leaving opening. Turn, stitch and gather edge, fitting to head. Seam bonnet brim lining to felt brim along one long edge. Turn and press lining across brim, pinning in place. Join seamed edge of brim to crown. Cut sides of brim to taper from center to almost nothing at sides. Turn under lining at front and slip-stitch to felt. Fit hat. Run a length of red ribbon across top of brim close to crown, tacking at edges of brim; bring ends down to tie under chin. From black felt cut a 2½"x3½" piece for songbook cover; cut pieces of paper same size. Layer paper on felt; fold in half felt side out. Unfold and stitch along fold. Tack side edges of songbook to mittens.

Child Caroler: Attach black felt shoes as for Father. Cut 9"x18" piece of calico for dress, 4"x9½" strip for arms. Make arms as for Father, omitting mittens (ends of arms are tucked into muff). Make dress as for Mother. Snip two short curved sections of black felt for eyelashes, one ⅜"x½" oval of red for mouth. Glue on face. Cut 30 18" long strands of yellow yarn for hair. Lay across top of head and stitch through center. Braid yarn at each side. Cut 9"x18" piece of fabric for hooded cape. Cut piece of plush to same size for lining. Fold fabric end-to-end and seam one short side. Fold lining same way and seam. Fit lining over fabric, seams out, and sew along bottom and front edges, leaving short section open for turning. Turn, stitch opening closed. Fit hood to head, turning up 1" of lining as border. Cut 3"x5" piece of plush. Seam 3" sides together, turn right side out and fit over a 2¼" length of paper towel tube. Tuck excess into ends of tube. Tuck ends of arms into tube and sew in place. Cut narrow green velvet ribbon to tie around neck with bow at front.

20. STATELY SWAGS

MATERIALS: Long garland of greenery, candy canes 8"-12" long, straw and wood ornaments, strings of miniature lights.

Make or purchase garland (may be arborvitae, pine, yew or box), about 5" in diameter. Drape garland in swags, tying with green florist's wire where wire is to be looped over picture hooks or finishing nails. Wind miniature lights along length of garland. Hang with ornaments and candy canes.

21. GARDEN PLEASURES—Designed by Ruth J. Katz

MATERIALS: 1 shallow wicker basket with handle, ½ yd. white cotton fabric 36" wide, 8 yds. red and white taffeta ribbon 2" wide, tubes of acrylic paint in fruit colors, small quantities of colored rickrack to match paint colors, needle and thread, foil or waxed paper, potpourri (if desired), cotton or polyester pillow stuffing, fresh fruit for printing designs, shirt cardboard.

Slice each piece of fresh fruit in half. Place cut side on cardboard and draw its shape about 2½" larger all around. Cut out fruit shape and use as pattern to cut two pieces of white cotton for each pillow. Squeeze fruit-colored paint on waxed paper or foil and spread out evenly by placing a second sheet over top. Dip cut side of fruit in paint, coat it evenly, then print on fabric. (Use black marker to draw seeds.) Let dry.

With right sides together, stitch pillows with ½" seam allowance, leaving small opening for turning and stuffing. Trim seam, turn and stuff with cotton and potpourri. Slip-stitch opening. Stitch rickrack to edges by hand. Arrange pillows in basket. Wrap handle with two lengths of ribbon, crisscrossing as you wrap. At ends tie puffy bows.

22. SEWING STARTER—Designed by Stanley Hura

MATERIALS: Basket with handles, 2" thick Styrofoam, wire, air fern, sewing needs (tomato pincushions, scissors, tape measure, spools of thread, needles, thimble, etc.), long common pins.

Cut Styrofoam to fit bottom of basket, using 2 layers if necessary to bring height halfway up sides. Pin pincushions into basket on top of Styrofoam. Wire in sewing needs. Wrap wire around small bunches of air fern and insert in Styrofoam.

23. CRISSCROSSERS; 24. CASSEROLE COZY; 26. CHEERY NAPKINRY; 27. PLEASINGLY PLUMP

MATERIALS: Simplicity House Pattern 113 (see pattern for yardages, notions).

continued

Journal Goody Tin
pictured on page 89

Brand-new tin of many uses, a handsome gift or gift-container, has a sparkling holiday look and features the nostalgic appeal of the Santa cover design from our December 1920 issue. Available only from Ladies' Home Journal, 1419 West Fifth Street, Wilton, Iowa 52778. To order, fill out coupon below, enclosing check or money order for $5.95 plus $1 postage and handling for each tin. **SAVE $7: Buy six tins and pay just $35 postpaid.** Mail orders accepted from American Express, Visa and Master Charge customers; give card number, expiration date and sign your order. Limited quantities, so order promptly.

Ladies' Home Journal, Dept. 192, 1419 West Fifth Street, Wilton, Iowa 52778

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City _____ State _____ Zip _____

Satisfaction guaranteed or money refunded

Runners are reversible; we used same pattern for both sides, binding edges with pattern used to make other runner. You may prefer to use a different pattern for each side, selecting a third to use for binding. Napkins are 17"x17" finished. Fabrics shown are "Minicheck" in green and "Baby Flower" in red, both 51" wide cottons, about $8.50 yd. from Fabrications, New York/Boston. For more information write Fabrications, 110 Gould St., Needham, Ma. 02794.

25. HOLLY HOLDER—Designed by Judy Williamson
MATERIALS: Dough: 1 cup flour, ¼ cup salt, ⅓ cup water; acrylic paint, Krylon Crystal Clear spray.
Mix dough ingredients and knead at least 5 minutes. Dough should be pliable but not sticky. Keep dough covered when not in use—it dries out rapidly.

Make a rope of dough ¾" dia., 4" long. Flatten with rolling pin to 1¼"x5½" rectangle 3/16" thick. Trim to 4¾" length. Dampen cut end and shape into a ring pressing ends together gently to form tight seam. Shape holly leaf and berries with fingers, dampen back and press in place on ring. Set completed rings on foil-lined cookie sheet and bake at 225°F. for 4 hours. Cool. Paint with acrylic paint and spray with Crystal Clear Krylon. Makes 8 rings.

28. RUSTIC RING—Designed by Stanley Hura
MATERIALS: Straw wreath, 12" dia.; 1 skein each scarlet, garnet and green yarn; artificial cherries; wire.
Cut 18 5' strands of each color yarn. Using six strands of each color, braid the three colors. Tie tightly at ends or wire together. Make three braids. Spiral two braids in opposite directions around the wreath, crisscrossing where they meet. Wire ends of braids firmly at back. Tie bow of third braid; wire to side of wreath. For fringe, tie wire toward end of braid, wrap with red yarn, unravel braid below and cut. Stud wreath with cherries between braids.

29. NOSTALGIC JOURNAL
MATERIALS: *Ladies' Home Journal* canister (see coupon on page 139), sprays of long needled greens, red berries, long sticks of cinnamon.
Arrange greens and berries in canister. Insert cinnamon sticks.

30. FARM-FRESH PILLOW—Designed by Judy Williamson
MATERIALS: ½ yd. light blue cotton, ⅜ yd. yellow cotton, ¼ yd. each red, green and dark blue cotton; scraps of polyester quilt batt, fiberfill.
Cut two 15" squares of light blue for pillow. On other fabrics use chalk to sketch shapes—crookneck squash on yellow, apple on red, 15 1¼" circles on dark blue, stems and leaf on green—and cut out. Pin section of quilt batt cut slightly smaller than shape to back of squash, then position on pillow and machine stitch around edge. Sew apple same way, padding with a small piece of batt. Arrange dark blue circles to form grapes. Sew part way around each, then insert tiny piece of batt or fiberfill and complete stitching. Sew stems and leaf in position (see pillow on page 88).

Sew pillow pieces together, right sides facing, leaving an opening. Turn, trim corners, stuff with fiberfill and stitch opening closed.

31. HAVE-A-HEART—Designed by Thomas J. Martin
MATERIALS: 9 ft. length of 1"x12" pine, 20½" length of 1"x2" pine, 2 pieces leather 1½"x3", box of ⅝" Wrought Head Decor Nails, 30 1¾" finishing nails, small bottle wood glue, 1 pt. stain, 1 qt. polyurethane varnish, 2 lengths ⅜" dia. rope, 18" to 24" long; 2 sheets of #220 sandpaper, rubber cement.
Cut 12" board as follows: one 18" length for bottom, two 19½" lengths for front and back, two 11⅛" lengths for side ends and one 20½" length for top. Apply small amount of glue to side edges of bottom board; attach front, back and sides. Use finishing nails evenly spaced to hold firmly in place. Attach 2" wide strip of pine to back edge of top in same manner. Sand smooth and sand off any glue that may have oozed out between seams. Apply Decor nails over finishing nails. Stain, then varnish, following directions on labels. Attach rope handles: Drill holes in ends, slip end of rope through to inside and knot. Position lid and leather hinges. Use rubber cement to hold hinges in place until Decor nails are driven in. Paint simple design on front or apply a decal.

32. YONDER BARN—Toaster cover designed by Joy Millard
MATERIALS: ⅝ yd. 36" wide heavy red cotton, black liquid embroidery, yellow embroidery floss, 14"x17½" piece checked gingham, polyester batt, chalk pencil, ruler, shirt cardboard.
On shirt cardboard or heavy paper draw pattern for hipped roof: Measure and draw a 10¾" long x4" high rectangle. Mark center of top long line. Draw parallel line 1⅞" down from top line. From each side line, measure in along this line 1¼" and mark. Use ruler to draw slanted line from center top to each mark on center line, then to bottom corner edges. Cut out shape. Use chalk pencil and ruler to measure and draw outlines of barn sides across width of 36" fabric. Measure up from cut end ½" and draw a horizontal line across. From this line measure up 5" and draw another horizontal line. Measure in ½" (seam allowance) from left edge of fabric; draw vertical line. Measure 10¾" wide long barn side; draw vertical line. Measure 5½" wide short barn side; draw vertical line. Repeat for two other sides plus ½" seam allowance. Total should be 33½" across. Place roof pattern bottom edge along top edge of each long barn side and draw outline on fabric. Draw a ½" wide seam allowance all across top of barn. Fold fabric double across width, pin together inside barn outline so pieces do not slip. Cut out barn shape. On front side of one (other one will be lining), use liquid embroidery to draw barn door, outline windows and hay mow (see photograph on page 89). Use floss to embroider hay inside of hay mow.

Cut continuous piece of batt slightly smaller than shape of four barn sides. Baste to wrong side of lining. Fold lining with right sides facing so that side edges of barn meet. Seam sides. Turn right side out. Repeat with outside barn section, but don't turn right side out. Barn sections now are each a continuous strip open at bottom and top. Fit one strip inside the other, right sides facing, top and bottom edges even. Pin. Machine stitch across entire top following outline of hipped roof. Machine stitch across bottom edge, leaving about 12" opening. Trim seams. Turn right side out (batt will be inside layers of fabric). Machine stitch down vertical lines of barn sides and to outline windows and doors.

33. SHINY PLANTER
MATERIALS: Small metal bucket (from variety store), decal, small live tree, 12-18 large artificial berries, 12-18 ribbon bows, spool wire.
Apply decal to bucket, centering on front. Place tree in bucket. Wire berries and bows to branches.

34. NATURAL SCENT
MATERIALS: Wicker basket with handle, dozens of pinecones, 2½ yds. 2⅝" wide plaid ribbon.
Fill basket with pinecones, or stuff bottom with paper and pile pinecones on top. Tie bow on handle.

35. COOK'S FANTASY—Designed by Stanley Hura
MATERIALS: Grapevine wreath, long cinnamon sticks, narrow red satin ribbon, wood and stainless steel kitchen utensils, wire, 2 yds. 2½" wide plaid ribbon.
Tie bundles of cinnamon sticks together with red ribbon. Wire to wreath. Wire kitchen utensils around wreath in a pleasing arrangement. Wire plaid bow at top of wreath.

All candles by Lenox.
36. SHAPE 'N BAKE—Designed by Judy Williamson
MATERIALS: Dough: 1 cup flour, ¼ cup salt, ⅓ cup water. Wooden spoon, acrylic paint, varnish.
Mix dough ingredients and knead at least 5 minutes. Dough should be pliable but not sticky. Keep dough covered when not in use; it dries out quickly.

Using about ⅓ of dough, shape a cone about 4⅛" high, 1" to 1½" dia. at bottom and 1" *(continued)*

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(or dia. of candle) at top. Insert handle of wooden spoon vertically through cone and hollow out as much of the inside as possible. Dough expands as it bakes and the thinner it is, the less apt to crack. Rework cone after removing core. Trim even at top and bottom. Bake 30 min. on foil-lined cookie sheet at 225° F. Form collar to hold candle: Make a rope of dough ⅛"x4", flatten with rolling pin and trim length to fit around top of candle holder. Dampen collar and gently press in place allowing top edge to project beyond top of cone ⅜". Bake 4-5 hours more at 225° F. When cool, apply design with acrylic paint. Let dry, then varnish all surfaces (dough absorbs moisture from the air). Recipe makes 2-3 candle holders.

37. MINIATURE FOREST—Designed by Stanley Hura

MATERIALS: 12" diameter circle cut from ½" plywood; sections of white birch, about 2" dia., cut 4", 6", 8" and 10" long, block of 2" thick Styrofoam, Elmer's Glue, statice, baby's breath, fake red berries, pinecones, 2" wide red and white gingham ribbon, candles (tiny tapers), drill.

Drill a hole dia. of bottom of tiny tapers in center of each birch section. Glue undrilled ends of birch sections to plywood circle. Glue cut sections of Styrofoam to plywood between birch "logs." Wire separately bunches of statice, baby's breath, pinecones and insert ends of wire into Styrofoam between birch "logs." Push wire ends of fake red berries into Styrofoam. Tie five bows of gingham ribbon; twist wire around bows and insert ends of wire into Styrofoam, spacing bows evenly around circle. Place candles in holes in top of birch "logs."

38. PUNCH-A-TIN—Designed by Thomas A. Kraeutler

MATERIALS: 1 lb. coffee can (top and bottom removed), metal lid (or bottom) from 3 lb. coffee can, 2" dia. lid (or bottom) from a tomato paste can, ¼" wide section cut from 2" dia. can, ½" cold chisel (screwdriver or cut nail), punch (awl or pointed nail), needle-nose pliers, tin snips, spool wire (florist's wire), spray can of black stove paint, 6" or longer length of 2"x4" piece of wood.

Body of lantern: On heavy paper draw guidelines for piercing the design. Draw a rectangle 5¼"x12⅜" (height and circumference of can). Draw a very light pencil line horizontally across the center. From left edge of rectangle measure in 2⅛", 6⅜" and 10⅝" and mark. Use marks for drawing three sets of three concentric circles having ½", 1" and 1½" radii. Measure down from top edge and up from bottom edge ½" and ¾", draw lines horizontally across. Fit rectangle to can and tape firmly in place. With knife or chisel, shape 5½" section of 2"x4" to conform to curved shape of can. Place can over form, with punch pierce holes against form about ⅛" apart following lines along top and bottom edges and around circles. Punch randomly spaced holes in smallest circles. With cold chisel punch rows of diagonal slits between rows of holes. When punching slits around circle, adjust position of chisel slightly so punches fit space and reverse angle of diagonal slit between inner rows of holes. When design is complete, remove paper pattern.

Cone-shaped top: Draw guidelines for pattern directly on 6" dia. tin lid. Draw bisecting lines to divide lid into four equal sections. Draw four concentric circles having ½", 1¼", 2" and 2¾" radii. With tin snips cut out one quarter section leaving a ¼" wide tab along side edge of next section for joining. Measure out from center point ¼" along tab and trim off at 45° angle from outer edge of tab to center point. On tab, draw in and punch out three equidistant sets of two holes ¼" apart. Punch matching holes along edge of next section. Punch out design in same manner as for lantern body. Shape into cone. Thread short sections of wire from inside out over ¼" section and into next hole, twisting ends together inside cone.

Fluted top: Draw lines dividing the 2" dia. lid into 8 equal pie-shaped sections. Along one line punch a hole ¼" each side of center. Flute by placing needle-nose pliers to one side of other six radial lines and crimping away from the line. Place pliers other side of line and crimp away from line.

Assembly: Use wire to attach ¼" wide ring cut from 2" can to cone with fluted ring between. Use wire to attach cone to body of lantern. Spray lantern black.

39. CORNUCOPIA—Designed by Stanley Hura

MATERIALS: Colander about 12" in diameter, block of 2" thick Styrofoam, candles (dinner tapers), apples, pears, assorted nuts, sprigs of mistletoe and holly, bows of narrow grosgrain ribbon.

Cut 2" thick Styrofoam to fit inside bottom of colander. Push bottoms of candles into Styrofoam at center. Arrange fruit. Twist short lengths of wire around mistletoe, holly sprigs and grosgrain ribbon bows. Insert mistletoe and holly sprigs into Styrofoam



filling in around fruit. Add ribbons. Tuck in nuts.

40. ANGEL CHORUS—Designed by Ruth J. Katz

MATERIALS: White paper plates with fluted edges (9¼" dia.), assorted trimmings, scissors, compass.

With pencil lines divide plate into four equal sections. Using point where lines intersect as center, draw an inner circle with a 1⅛" radius. Within this circle draw curved upraised arms, neck, head and halo of angel (see photograph on page 91). Draw small wedge extending out from halo to edge of plate. Cut out wedge and around halo, head, neck and arms. From one arm of angel, cut 2" slit out toward edge along pencil line (slit A). From opposite rim of plate cut 2" slit in (slit B). Lift plate, curve bottom of plate to form a skirt; slide slit A into B to form wings. Open flat again to trim. When reassembled, tape slits to hold if necessary. Arrange with votive candles.

41. CHEERY CHIMNEYS—Designed by George Gallarello

MATERIALS: Hurricane or oil lamp chimney, Testor's enamel paint (from hobby shops), #4 watercolor brush.

Draw design on paper, or trace from a Christmas card or magazine. Tape design to inside of glass chimney and paint on outside. Allow to dry thoroughly. Before using chimney, clean away fingerprints.

42. SNAPPY SCONCES—Designed by Thomas A. Kraeutler

MATERIALS: Soft drink or beer cans, scissors or tin snips, needle-nose pliers.

Aluminum cans can be cut with ordinary household scissors. Tin cans (actually plated steel) must be cut with tin snips. Slash down each side of can to within 1½" of bottom. Between slashes, cut off top ⅓ of front. Slash lower ⅔ section of front down to 1½" of bottom edge every ⅜" or so. With needle-nose pliers, curl slashes forward, continuing to coil until coil reaches bottom. Cut top edge of back of can to form curve. To flute top of curve, draw guidelines, crimp away from line at each side. Insert short, thick (votive) candle.

43. SIMPLE SHINERS—Designed by Thomas A. Kraeutler

MATERIALS: Sheet of tin about 1/32" thick (from hobby shops), tin snips, needle-nose pliers, compass.

Use compass to draw concentric circles with 1" and 2" radii on sheet of tin. Divide area between inner and outer circle into 8 equal sections. With tin snips, cut out around line of outer circle. Use needle-nose pliers to crimp edge following instructions given in directions for making #38.

44. SPIFFY SPAT—Items numbered 44-49 designed by Liza Hamill

MATERIALS: ½ yd. 36" wide cotton (narrow red and white stripe), 9"x12" felt rectangles—2 white, 1 ea. brown, black; 6 black shoe buttons, cotton batt, 1 yd. 1½" wide red satin ribbon, heavy paper 12"x17".

On heavy paper draw boot shape 17" high, 11" from heel to toe, 7½" across top, with 3½" wide x 1" high heel. Cut out. Draw lines across, 7¾" down, for top edge of spat, 7" below this for bottom edge of spat and across top of heel.

Fold striped cotton so selvage edges meet. Draw outline of 2 boot shapes. Add ½" all around for seam allowance. Cut out (second pair is for lining). Use carbon paper to trace outline of spats (white), shoe (brown) and heel (black) on felt. Add ½" seam allowance to each side edge of spat, to all but spat edge of shoe and all but shoe edge of heel. Cut out 2 of each shape.

Pin felt shoe to one of striped fabric shapes. Baste across top and bottom edges. Fit spat above shoe and heel below. Using zigzag machine stitch and white thread, appliqué spat to boot at top and bottom only, making sure that stitching catches top of shoe. Use same stitch and black thread to run row across top of heel, again catching brown felt. Apply felt appliqués to right side of matching boot shape. Run a line of black zigzag stitching down spat about 1" in from front edge of boot. Fit boot shapes together, right sides facing; seam sides and bottom. Trim seams and turn right side out. Fit lining boots together, right sides facing; seam sides and bottom. Trim seam allowance. Do *not* turn.

Trace outline of boot on batt. Cut out 2 shapes ¼" smaller all around. Pin boot-shaped piece of batt to each side of lining; baste securely. Then fit lining, still wrong side out, inside of appliquéd boot, sliding in your hand to smooth lining. Turn in top of boot and slipstitch lining and boot together around top. Sew on buttons. Tie ribbon 1" down from boot top.

45. ARGYLE PLAID

MATERIALS: ½ yd. ea. dark green and bright red fabric, ⅛ yd. ea. red and brown fabric, fusible webbing, baby rickrack in light green, pinking shears, sheet of heavy paper 12"x17".

On paper draw outline of large sock, 17" from bottom to top, 12" from heel to toe, 6¾" wide across leg. Draw a diamond shape 2" high, 2½" wide. Cut out patterns. Fold green fabric in half with selvages meeting. Place pattern on fabric leaving ½" at top and bottom edges. Cut out sock with ½" seam allowance around all sides. Repeat with red fabric.

Trace 15 red and 15 brown diamond shapes. Back fabrics with fusible webbing, pinning through center of each diamond. (It is very important that diamond and fusible webbing be exactly the same.) Cut out with pinking shears. Arrange 5 rows of 3 diamonds across, alternating colors; top points of diamonds in top row should be 2¼" down from top edge of stocking; side points of end diamonds should be ½" in from side edges. Using hot iron, press diamonds to stocking (read directions on webbing *continued*)

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50 Country Christmas Ideas

continued

package). Fuse around edges first, remove pins, then iron again. Iron diamonds to right side of other green stocking shape, alternating the colors, rows that began with red, begin with brown on this side. Fit lining and outer stocking shapes together, right sides facing, and seam across top edge. Trim and turn. Trace two stocking patterns on batt, cut out ¼" smaller all around. Sandwich batts between outer stocking and lining. Baste at edges. Run 6 rows machine stitching vertically ½" apart on toe of stockings. Run 6 rows machine stitching ½" apart curving from back of heel to under heel. Set very short, wide zigzag stitch, and run vertical rows of stitching ½" apart from top edge down to argyle pattern, creating a ribbed effect. With right sides of stocking facing, seam bottom and sides. Trim seam, turn right side out. Apply baby rickrack by hand, running it diagonally down centers of brown diamonds in one direction, centers of red diamonds in other direction.

46. RIDE 'EM COWBOY

MATERIALS: ½ yd. yellow felt 36" wide, 9"x12" rectangle of brown felt, brown rickrack and brown buttonhole twist, heavy paper 12"x17", bond paper.

On heavy paper draw outline of high-heeled cowboy boot. Cut out. Fold top in half vertically and cut an arc from 1" in on fold to outer corner at edge to shape top. Fold a 4½" square of bond paper into a 2¼" square, then fold diagonally. Starting ¼" from center fold cut a 2¼" long arc, ⅜" at its widest point, from the diagonal fold; open. This is the pattern for design on front of boot.

From doubled yellow felt cut out boot shape with ½" seam allowance at sides and around foot. From doubled brown felt, cut out heel shape with seam allowance at side and bottom edges only. Position heels on boot shapes, matching side and bottom edges; topstitch top to boot. Trim excess felt from back of heel. Center design pattern at top of boot; outline petal shapes. Cut petal shapes from yellow, then baste a 4½" square of brown felt behind cutout. With buttonhole twist and long stitches, outline cutout shape ¼" out from edge. At top of boot, machine stitch ½" down from edge, run another row ¼" down from that, making an oval loop at the bottom edge of the V. Machine stitch across top of boot foot, from above boot heel to top of arch, curving line of stitching. At top edge of each foot, machine stitch two V's (creases in boot). With right sides facing, seam sides and foot of boot together. Trim seam, turn right side out. Stitch rickrack around top edge of boot. Cut a 1¼"x8" length of felt to match boot; fold long sides to center, one overlapping edge of other. With matching thread, machine stitch length of felt. Run two more rows down about ⅛" each side of first. Fold strip in half to make loop and stitch at back top seam of boot.

47. FANCY PATCHWORK

MATERIALS: ⅛ yd. each of 10 different cottons, ½ yd. cotton for lining, polyester batt, paper, 12"x17".

Draw large sock shape on heavy paper as for Argyle Plaid. Make patchwork: Cut a 6"x12" rectangle (for heel), a 4½"x17" strip of another fabric (for top of sock), and strips of other fabrics, making them about 2½"-2¾" wide. Build up patchwork by adding matching strips, one to each short side of 6"x12" rectangle and one long strip of a different pattern across the long top edge of the rectangle. When patchwork is 8½"x17", continue adding strips across top only until piece is 17"x17"; seam 4½" wide strip across top. Cut matching pairs of 8½" strips and add one at each side to build out toe. When patchwork is 26" across bottom, trim seam allowances at back and press all seams flat. Sandwich a piece of polyester batt between this inverted T and a piece of lining with 1⅜" of top strip extending above top edge. Machine or handstitch layers together at seams. Fold into an L shape. Place pattern on L shape and cut out with ½" around foot and at sides, 1⅜" at top. With right sides of boot facing, seam around foot and sides. Trim seams, turn right side out. Fold top strip down inside, turn under ½" and slipstitch edge to lining.

48. HIGH BUTTON SHOE

MATERIALS: ¾ yd. red felt, ⅛ yd. (or 2"x14" strip) white felt, 14 white pearl buttons, white rickrack, white soutache braid (about ⅝ yd.), ½ yd. ⅜" wide polka dot ribbon, sheet of paper 12"x19".

On paper draw outline of high heeled boot, 18½" top to bottom of heel, 11" from heel to toe. Draw 14 1" wide scallops down center of boot top width, and a line from there to instep of shoe at front. Cut out.

Fold red felt double and cut out entire boot shape, with ½" seam allowance at front, back and around foot. Cut out the scalloped section from paper pattern. Cut this shape from red felt, adding ½" seam allowance at front side only. Place scallop edge on strip of white felt; cut out scallops. Place red scalloped section on felt boot shape with white scallop strip between, but extending ⅛" beyond edge of red scallops. Machine stitch layers together ½" in from outer edge of red scallops. Stitch top layer of red felt to bottom layer across arch. With right sides facing, seam together sides and foot. Turn right side out. Handstitch rickrack around top edge of boot and soutache braid around top of foot, covering line of machine stitching on front, and across top of high heel at both front and back of boot. Sew on buttons. Tie ribbon bow and stitch below lowest scallop.

49. QUILTING BEE

MATERIALS: 1¼ yds. 36" wide lightweight white polyester/cotton, scrap of red cotton (about 5¼" square), scraps of green cotton for leaves, 1¼ yds. ½" wide red grosgrain ribbon, ½ yd. 1" wide ruffled eyelet edging, polyester batt, heavy paper 12"x17".

On heavy paper draw outline of sock as for Argyle Plaid. Cut out shape. Fold a 5¼" square of bond paper in half twice, fold resulting 2⅜" square diagonally, bring folded edges to meet again, then cut curved line from folded edge in toward center. Unfold; this 8-petaled shape is pattern for design on leg. Fold a small oblong of paper lengthwise, cut out an arc 2¼" long, ¼" at widest point, with tapered ends; this is leaf pattern. Fold white fabric in half. Cut out two sets of sock shapes, each having ½" seam allowance around foot and on sides, one set with no seam allowance at top edge, other with 1½" allowance at top edge. Use pattern to cut out flower shape, adding ¼" around all edges for seaming. Use leaf shape to cut out five leaves, adding ¼" around for seaming. Pin flower and leaves to front side of sock, centering design. Turn under seam allowance and applique flower and leaves to sock.

Cut two sock shapes from polyester batt to exact size of pattern. Sandwich a piece of batt between front of sock and lining. Handstitch in matching thread from petal point to petal point across flower, through center of leaves, and ¼" outside of flower and leaf shapes. Quilt two rows of stitching ¼" apart across toe, and two rows of stitching ¼" apart curving in from heel. Layer back side of stocking, batt and lining. Pin paper pattern in place, quilt around flower and leaf shapes. Add a second row of stitches ¼" outside the flower. Stitch heel and toe as on front.

With right sides together, seam sides and foot together. Trim seam, turn. Fold extra fabric at top edge down inside sock over lining, turn a narrow hem and handstitch. Stitch eyelet ruffle around top. Pin ribbon around top, tying ends in bow at back; stitch edges of ribbon to sock.

50. SWEET MEMORY

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End



LIVING WITH YOUR STARS

FOR DECEMBER

AGITTARIUS (November 22—Decem-r 21) Unexpected visitors bring a happy ange in plans. Venus in your sign helps mance along. There's lots of fun in store r you in December. Fortune rides high, o, with good news in the last week. Be re to make time for relaxation. You serve it.

APRICORN (December 22—January) A most rewarding time spent with mily. Your adventurous mood attracts any new friendships. The whole month ill be a festival for you. Extra vitality ables you to work and play hard. You'll nd a great deal of support for anything u endeavor in 1981.

QUARIUS (January 20—February 18) 's a lively, joyful Christmas season for u. Enjoy the time spent with friends. ital stars keep that enthusiastic mood ing. As the year comes to an end, tie loose ends and get ready for an excit-g, progressive phase.

ISCES (February 19—March 20) Christ-as stars are loving and lucky. Your love e should be more settled now. All those vitations and happy get-togethers will ep you in a whirl. Investments and rtnership matters are favored.

RIES (March 21—April 19) Recent dis-greements will be settled. A happy, fes-ve scene brings an overdue reunion. avel and new activities are favored now. atch out for a tendency to overspend at is time of year.

AURUS (April 20—May 20) A relaxed nd happy month if you compromise on lans and ideas with loved ones. Unex-ected commitments may cut down on isure time. Set aside some special time r Christmas shopping. This is not the me to make drastic changes in your ppearance.

EMINI (May 21—June 20) Encourage nd support the man in your life. You end to be restless this month. Friends ay persuade you to join them in doubt-l schemes and activities. You're in the nood to overindulge on gifts this season, so try making a list and sticking with it.

CANCER (June 21—July 22) You'll be tempted into an unwise relationship. Try to avoid any changes. Accept invitations from friends and relatives. The pace is hectic, but if you keep yourself organized there'll be lots of time for relaxation. It's an expensive month, but good news will be a source of cheer.

LEO (July 23—August 22) A recent domestic change now reaps its reward. You may find romance at a party this month. It's a time for making new friends and enjoying a spate of events and outings. The generosity and cooperation of others will make you appreciate your blessings even more.

VIRGO (August 23—September 22) There's lots of family activities during this Christmas season. If single, a promising romance is in the holiday air. Vitality and optimism will give you a special glow this month. Now is the time for you to give special thought to upcoming New Year's resolutions.

LIBRA (September 23—October 22) Look ahead to a year of opportunity. Your standard of living will rise during 1981. You will entertain—and be entertained—in style. Friendships are important now. Finish all of your gift shopping by the first week of the month so that you get what you really want.

SCORPIO (October 23—November 21) A changeable, but enjoyable month. A meeting at a party could lead to a splendid 1981 romance! Your popularity soars, with new and old friends sharing good times. It's a month of happy surprises. Your charm will impress a person of influence.—PETER VIDAL



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Lemon Afternoon Delight

- 1 pkg (8 oz) cream cheese, softened
- 1/2 cup BEST FOOD'S® Real Mayonnaise
- 1/2 cup sugar
- 3 eggs
- 2 tsp grated lemon rind
- 1 Tbsp lemon juice (optional)
- 1 tsp vanilla
- 1 (6 oz) JOHNSTON'S® Graham Cracker READY-CRUST® pie crust

3 EASY STEPS: 1. In large bowl with mixer at medium speed beat cream cheese and real mayonnaise until smooth, gradually beat in sugar. **2.** Beat in eggs, one at a time; beat in rind, juice and vanilla. **3.** Pour into pie crust; place on cookie sheet. Bake in 350°F oven 30 to 35 minutes or until set. Chill 4 hours.

Chocolate Midnight Madness

- 1 pkg (8 oz) cream cheese, softened
- 1/2 cup BEST FOOD'S® Real Mayonnaise
- 1/2 cup sugar
- 2 eggs
- 1 pkg (6 oz) semi-sweet chocolate chips, melted
- 1 tsp vanilla
- 1 (6 oz) JOHNSTON'S® Chocolate Flavored READY-CRUST® pie crust

3 EASY STEPS: 1. In large bowl with mixer at medium speed beat cream cheese and real mayonnaise until smooth, gradually beat in sugar. **2.** Beat in eggs, one at a time; beat in chocolate and vanilla until smooth. **3.** Pour into pie crust; place on cookie sheet. Bake in 350°F oven 30 to 35 minutes or until set. Chill 4 hours.

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HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

TRUST

To be trusted is a greater compliment than to be loved.—*J. Macdonald.*

The soul and spirit that animates and keeps up society is mutual trust.—*South.*

I think that we may safely trust a good deal more than we do. We may waive just so much care of ourselves as we honestly bestow elsewhere.—*Thoreau.*

The man who trusts men will make fewer mistakes than he who distrusts them.—*Cavour.*

Trust God where you cannot trace Him. Do not try to penetrate the cloud He brings over you; rather look to the bow that is on it. The mystery is God's; the promise is yours.—*Macduff.*

Trust not any man with thy life, credit or estate. For it is mere folly for a man to enthrall himself to his friend, as though, occasion being offered, he might not become an enemy.—*Burleigh.*

Trust him little who praises all, him less who censures all and him least who is indifferent about all.—*Lavater.*

If thou be subject to any great vanity or ill, then therein trust no man; for every man's folly ought to be his greatest secret.—*Sir W. Raleigh.*

We trust as we love, and where we love. If we love Christ much, surely we shall trust Him much.—*T. Brooks.*

Trust in God does not supersede the employment of prudent means on our part. To expect God's protection while we do nothing is not to honor but to tempt providence.—*Quesel.*

How calmly may we commit ourselves to the hands of Him who bears up the world.—*Richter.*

I have never committed the least matter to God, that I have not had reason for infinite praise.—*Anna Shipton.*

An undivided heart, which worships God alone, and trusts Him as it should, is raised above all anxiety for earthly wants.—*Geikie.*

We do not trust God, but tempt Him, when our expectations slacken our exertions.—*M. Henry.*

He that taketh his own cares upon himself loads himself in vain with an uneasy burden. I will cast all my cares on God; He hath bidden me; they cannot burden Him.—*Joseph Hall.* **End**

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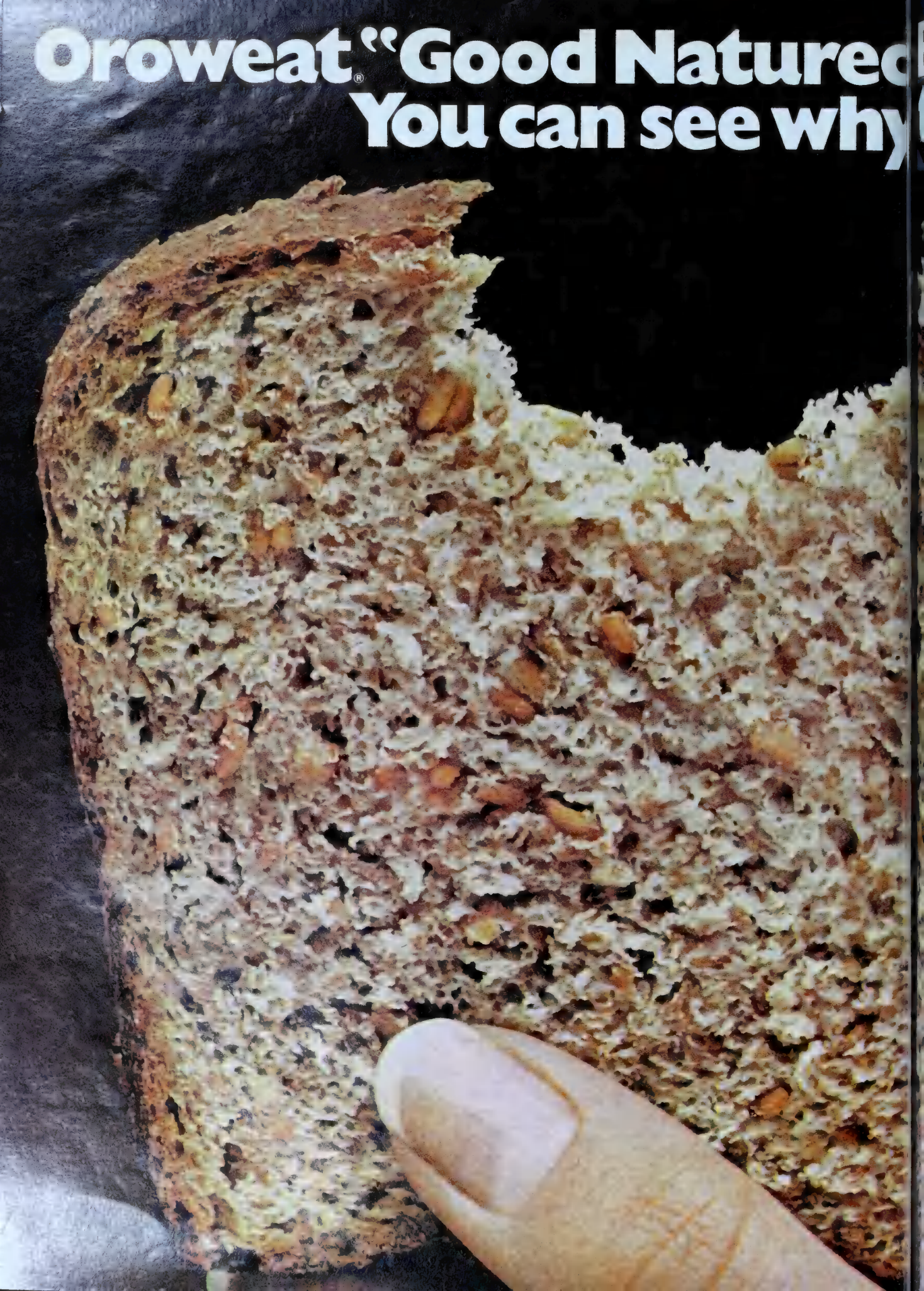
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If sensuality be our only happiness, w ought to envy the brutes; for instinct is surer, shorter, safer guide to such happ ness than reason.—*Colton*.

Though selfishness hath defiled th whole man, yet sensual pleasure is th chief part of its interest, and therefore b the senses it commonly works, and thes are the doors and the windows by whic iniquity entereth into the soul.—*Baxter*.

I have never known a man who wa sensual in his youth, who was high minded when old.—*Charles Sumner*.

Those wretches who never have exper enced the sweets of wisdom and virtue but spend all their time in revels an debauches, sink downward day after da and make their whole life one continue series of errors. They taste no real o substantial pleasure; but, resembling s many brutes with eyes always fixed o the earth and intent upon their loade tables, they pamper themselves in luxur and excess.—*Plato*.

What is a man, if his chief good an market of his time be but to sleep an feed? a beast, no more.—*Shakespeare*.

What if one might have all the pleas ures of the world for the asking? Wh would so unman himself as by acceptin them to desert his soul and become perpetual slave to his senses?—*Seneca*.

Sordid and infamous sensuality, th most dreaded evil that issued from th box of Pandora, corrupts the entire hear and eradicates every virtue.—*Fénelon*.

The body of a sensualist is the coffin o a dead soul.—*Bovee*.

All sensuality is one, though it take many forms, as all purity is one. It is th same whether a man eat, or drink, o cohabit or sleep sensually. They are bu one appetite, and we only need to see a person do one of these things to know how great a sensualist he is.—*Thoreau*.

A youth of sensuality and intem perance delivers over a worn-out body t old age.—*Cicero*.

When the cup of any sensual pleasure is drained to the bottom, there is always poison in the dregs.—*Jane Porter*. **End**

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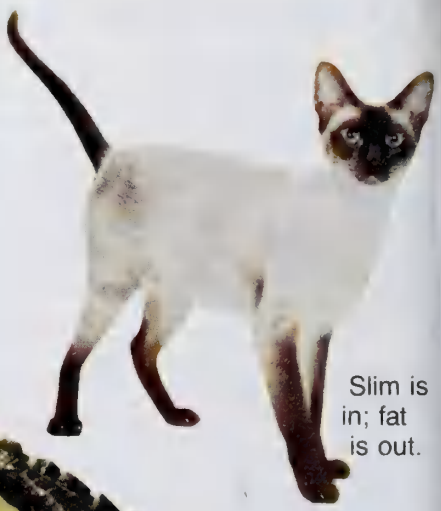
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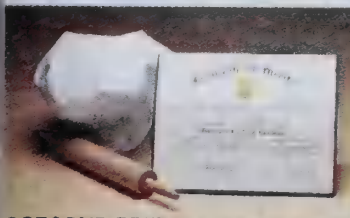
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ANTERS® OIL "GREAT CUISINES OF THE WORLD" RECIPE CONTEST OFFICIAL RULES

's how to enter:
n an official entry form or on a plain piece of 3" x 5" paper, t your name, address, zip code, and telephone number. pe must be typed, plainly printed or written on a separate e of paper, with your name, address, zip code, and telephone iber attached. You must also include one proof-of-purchase n Planters Oil. Proof-of-purchase is the inner seal from the le cap of any size bottle of Planters Peanut Oil.
ll recipes must be entered in one of the following ethnic king categories: French, Italian, Greek, Oriental, Spanish, onesian. Check the ethnic cooking category on the official y form in which the recipe is to be judged.
he type of recipe submitted (appetizer, entrée, salad, vege- e, dessert, etc.) must also be indicated on the official entry n. When an official entry form is not used, please indicate ethnic cooking category and recipe type on a separate piece aper along with the recipe.
ach recipe submitted must use Planters Oil as one of the edients. Recipes are to be the original work of the contestant. previously published recipes or other recipe contest entries to be submitted.
ll entries are to be postmarked by April 1, 1981. Enter as n as you wish, but each entry must include one Planters proof-of-purchase, must be mailed separately, and must be a duplicate. Mail to:
nters Oil "Great Cuisines of the World,"
ipe Contest, P.O. Box 5858, Chicago, Illinois 60677.
Winners will qualify on the basis of completing steps 1, 2, 3, l 4 above. All recipes must include preparatory instructions, dily available ingredients, and standard measurements. ging will be conducted on the following points: (1) Origi- ty, (2) Creativity, (3) Ease of preparation, (4) Appearance, Taste, (6) Appropriateness to the ethnic category; (7) Avail- ity of the ingredients used; (8) Clarity and completeness of tructions, and (9) Good product use. All judging will be nducted by an independent judging organization whose isions are final. The top ninety (90) recipes will be kitchen- ted by the independent judging organization. These recipes then be judged by a national professional panel of food perts to include a home economist, a magazine food editor, and a representative from The Association of Cooking Schools under the supervision of the judging organization.
6. Contest open to all residents of the U.S. who are 18 or older, except for employees and their immediate families of Standard Brands, Inc., its advertising, sales promotion, public relations, judging and travel agencies.
7. All entries submitted become the exclusive property of Standard Brands, Inc., and none will be returned. All contest entrants grant all rights of reproduction of their entries in any form. Contest valid except where prohibited or restricted by law.
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9. Winners will be notified by mail on or before June 1, 1981. No substitution or transfer of prizes. Winners must pay all applicable taxes. Winners may be required to execute an affidavit of eligibility and release. If the winner of the grand prize trip is under 21 and unmarried, he or she must be accompanied by a parent or guardian. Grand prize trip must be taken by December 31, 1981.
10. A winner's list will be granted upon request. Please send a stamped, self-addressed envelope to: Planters Oil "Great Cuisines of the World" Recipe Contest Winner's List, P.O. Box CC, Chicago, Illinois 60677.

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☐ French ☐ Greek ☐ Spanish Recipe
☐ Italian ☐ Oriental ☐ Indonesian Type_____

Mail to: Planters Oil "Great Cuisines of the World" Recipe Contest, P.O. Box 5858, Dept. [illegible], Chicago, Illinois 60677.

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To See the Magic

continued from page 85

the stove and the knotty pine cabinets and, in one corner, a Christmas tree strung with cranberries and popcorn. A country kitchen, on Christmas Eve.

"What are beasts, Daddy?"

"Animals. It's a word they use in fairy tales, Andy. You wouldn't like a story named 'The Beauty and the Animal,' would you?"

"Is a legend a fairy tale?"

"In a way. Those islanders would go down to the stable on Christmas Eve to keep vigil—that means to keep watch—in hopes that they would see the beasts kneel down."

"Vigil!" Andy jumped down from Jed's lap and danced around the room. "Vigil, vigil, vigil! Daddy, can we keep vigil tonight? Can we?"

Jed laughed and glanced at me, but when I did not smile back, he grabbed Andy and hugged him. "Keep vigil with Molly Moo-cow and Beepy and Old Hardhead?"

"They're beasts, aren't they, Daddy?"

Jed laughed again. "Well, get your warm coat."

I waited until Andy left the room. "You're doing it again, Jed. He won't see anything. Why do you fill his head with nonsense like that?"

Jed stood up slowly. "It isn't nonsense, Marcie. You don't always have to see something to believe in it."

We were at it again. The old argument, the one that had brought us to the verge of a breakup. The argument that was behind the ultimatum I was going to deliver to Jed on the day after Christmas.

We married young, Jed Miner and I. He was an artist, who painted (for me, he said) huge linear abstractions that sold moderately well and were beginning to build for him a reputation as a young artist of talent and great promise. I loved Jed's paintings and once he had explained them to me, I could even understand them. The artist's life! New York City, a loft in Soho, cheap red wine and far-ranging discussions of the eternal verities. I worked, too, as a bookkeeper while I took courses in accounting. We were very happy. When dear Andy was born, I thought our course in life was set.

Jed began to teach Andy to draw as soon as he could hold a crayon in his stubby little fingers. I remember a day when Andy was four. Jed asked him, "What is that you're drawing, son?"

"A tree, Daddy."

"Hmm. A green ball sitting on top of a black stick. Did you ever see a tree like that?" You have to learn how to look at a thing, Andy, and see it plain. You must see the tree that is there in front of you and see what is not there, too. The essence of the tree. The tree-ness. The thing is, Andy, art is made up both of what we see and what we do not see. Come on, let's go outside and look at some trees."

I ask you! Is that any way to talk to a four year old? But when they came back in Andy drew something that pleased both of them immensely. I could not see why. I felt as if they had gone into a special room together and left me outside the door.

Nevertheless, I thought our life was on a smooth and steady course. But one morning last January Jed looked around our loft and frowned. "This is not it," he said. "This is not it at all."

With that he packed us up, willy-nilly, and moved us to a derelict farmhouse near Blue Mountain, Vermont. At first, I will admit, our new life was even better than the one in Soho. Jed stacked his canvases in the spare room, but he did not touch them for almost four months. He got a job as a carpenter's helper and he worked around our place, too, patching this and strengthening that, always with Andy trailing after him like a small blond shadow. And he began to bring home animals.

The first to come was an old milk cow that Jed saved from the cannery and installed in our broken-down stable. Andy named her Molly Moo-cow after a character in one of his storybooks. Then Jed brought home a motherless lamb that had been destined for the farmer's dinner table. Beepy the Sheepy. She smelled to high heaven and was convinced that she was really a human being and should therefore have full visiting rights to our country kitchen. Then it was a scruffy old donkey with all the endearing qualities of Ebenezer Scrooge. Andy named him, appropriately, Old Hardhead.

And then, one early spring morning, Jed looked out at Blue Mountain, smiled absently, and said, "Yes. Of course."

I was the one who had to tell his boss that Jed was quitting his job without notice. And I was the one who got a job as bookkeeper for the Busy Bee Café and kept us in food for the next two months, while Jed stared at Blue Mountain.

"What are you doing?" I would ask.

"I am thinking," he would say.

"Oh," I would say.

And one afternoon, without a word, Jed disappeared into the spare room and started to paint. He would not let me see his work, but I was not worried. I knew that he would emerge with some marvelous abstracts that I could ship off to the art dealers in New York. Finally he let me see his paintings.

I can toss art jargon around as well as the next person, spatial distortion and diagonal thrust and all that. But I could not describe those paintings. Jed tried to explain what he was doing, but I could not grasp the meaning. All I knew was that he had moved into a dimension far beyond abstract expressionism. He was no longer painting for me. I was not even sure that he was painting for himself.

"New York?" I asked tentatively. "A dealer?"

(continued)



". . . and I don't want to find this place in a shambles when we get back."

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"No," he said. "Not yet."

But word gets around in the art community. People came up to Vermont. They stared at the paintings and muttered about genius. I began to feel vaguely resentful. I was all for talent, but genius is quirky, demanding. Genius must be reckoned with. I had not bargained for genius. The people tried to buy the paintings, but Jed said again, No. Not yet."

The summer wore on. Andy was as healthy as a young colt, but Jed's and my relationship was not healthy at all. Something had come between us. Maybe it was the genius. Maybe it was the fact that I was the only one earning any money. Jed spent all his time in the spare room and I hunched over the kitchen table and tried to balance the Busy Bee Café's books. We were no longer Jed and Marcie striving together to build a family and a life. We were separate. He painted and I paid. And I resented it.

All right, so an artist has to spend his time with his muse. All right, so a genius can't be pushed into making a living. Nevertheless, it is my considered opinion that a man has a responsibility toward the woman he marries and the child he fathers. Any man. Even a genius.

The distance between us widened and became much greater than the distance between the spare room and the country kitchen. It was as if we had to shout across a deep gulf, and it is very difficult to shout in a pleasant tone of voice. We began to communicate through Andy, each of us speaking to him and hoping that the other would overhear. Andy was our only link, the only corridor between separate rooms. It was not good for Andy.

In early December I realized that we had been on the farm for almost a year. A year. And what did we have to show for it? A few more courses for me. Some paintings which might or might not define the essence of Blue Mountain. And a little boy who had begun to bite his fingernails. I came to a decision. A big decision. On the day after Christmas I would deliver an ultimatum to Jed. "Start selling your paintings," I would say, "or give up art and get a job."

What if he rejected my ultimatum? Would I leave him? I did not know. I had not thought that far ahead, probably because I was afraid to. I suspect that what I resented most of all was the fact that I could not even imagine living without Jed. Nevertheless, it is my considered opinion that a woman can be asked to stand only so much.

Christmas Eve, a country kitchen. A pretty picture. But remember that this was not an interior decorator's suburban country kitchen. It was the real thing. The firebox door was open because I was trying to cool down that monstrous stove before it cremated my pumpkin pie. There was no microwave oven cunningly concealed behind the pine cabinet doors, which was just as well, since they were so old and warped that half of them were permanently shut and the other half permanently open. And the Christmas tree was strung with cranberries and popcorn because we could not afford decorations.

Andy came dancing in with his warm coat and I was moved willy-nilly out of the warm kitchen and into the stable. Jed hung the kerosene lantern from a hook on the beam and arranged some dry straw in the corner. We settled into the nest and Jed put one arm around Andy and the other around me and pulled a blanket around all three of us. Andy nestled against his father, but I sat rigidly upright, resenting the whole silly project.

"We must be very quiet," Jed whispered.

"While we keep vigil," Andy said in a sleepy voice.

I tried to concentrate on polishing the terms of my ultimatum, but it was warm in the stable and the animals' breath fogged the air. I must have dozed off, because I woke with a start when Beepy, who smelled horrible, tried to push her way under our blanket. The lantern was smoking, so I shoved her away and got up to turn down the wick.

Jed and Andy were huddled together, sound asleep. Old Hardhead was leaning against the wall with half-closed eyes as if he were dreaming of the halcyon days of his youth. Molly Moo-cow was chewing her cud contentedly. She looked at me and we seemed to share one moment of complicity. We were the nurturers, after all, whether we liked it or not.

What happened then? Was it some kind of magic? I am a bookkeeper, what do I know of magic? All I can tell you is that something happened, something very strange. In the yellow lantern light, in the haze of the stable, things wavered and shifted before my eyes. Beepy and Molly and Hardhead were transformed from their everyday identities into something quite different, into representatives of their species. They became lamb and cow and ass, the beasts of the field, the beasts of the stable. They became the beasts of the legend, come together at Christmas to kneel down for the Christ Child.

I looked down at the two blond heads. My husband. My son. And they seemed to be transformed, too. The man and boy became one, mature genius and childish innocence shaped together into the eternal artist, into the one who can see and comprehend that which cannot be seen.

For that one instant was I, the bookkeeper, blessed with a glimmer of the unseen, of the essence of life itself? I was almost overcome by the tremendous sense of awe I felt, but then, suddenly, my fear was gone and I was lifted by overwhelming happiness. My heart filled with almost unbearable sweetness. For once I could see life plain. Bookkeeping did not matter, nor did genius. What was important in our lives was what we could not see: the love that we shared. I wanted to laugh with joy! I wanted to cry with gratitude.

"Jed?" I whispered. "Jed, we must go in the house now."

"Why?" he asked, half asleep. "Is it midnight?"

"No, but it will be soon. The animals must be alone then."

Andy woke and the two of them looked up at me. The boy's eyes were glazed with sleep, but Jed's were instantly alert, aware. He looked around the stable and I could tell that he felt the mystery, too, that he saw the beasts. "Yes," he said softly, "we must leave them."

Jed carried Andy and I followed with the lantern. It was snowing. I stopped to watch the big downy flakes fall into the yellow circle of lantern light and change into gold. Jed looked back and smiled to share it with me.

In the kitchen Jed settled down in the rocking chair and Andy snuggled into his shoulder. "You saw it, Marcie?"

"I saw something," I said.

Jed was pleased. "You *(continued)*

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To See the Magic

continued

saw it plain. That's the hardest thing all, to see what isn't there, to have fai that there is something more than th concrete object in front of you."

I stretched my mind. Oh, how stretched my mind. But I could not qui make it. I had seen something, yes, and had come to understand something. B already I was wondering if I had on imagined it. Then I remembered th happiness, that great surge of joy, and felt very humble. Yes, I had touched th magic, if only for an instant. Only for a instant, but long enough to make m realize that it was there.

My husband, Jed Miner. You may n have heard of him yet, but you will, only the Busy Bee Café and I can stick out. You must hear of him, you must se his work, because he has something tell us. And my big decision? My u timatum? It will never be delivered. Ho could I ask that man to sell his painting before he was ready? How could I as him to walk away from his talent, from h genius? Not Jed. Not a man who can se the magic plain.

I looked around the kitchen, trying see it with Jed's eyes. There had been n magical transformation, but the old woo stove was radiating heat and the Chris mas tree was festive in red cranberri and fat white popcorn. It was the re thing, a country kitchen filled with happ ness and warmth, and love.

Andy sat up on Jed's lap and rubbe his fists in his eyes. "Mama, did they d it? Did Molly Moo-cow kneel down?"

Jed looked at me over Andy's head. H smiled, and I smiled back.

"We didn't stay to watch, Andy," I saic I kissed his warm neck and then Je carried our son away to bed.

No. We did not stay to watch.

Nevertheless, it is my considered opin ion that our beasts knelt down in homag at midnight, on Christmas Eve. En

PRAYER WHEN LIFE HAS BECOME ROUTINE

By Paul Geres

Lord, when I woke up this morning, I said to myself that this would be a day just like every other day.

And it was.

I took the same subway as every morning. I read the same comments in the paper on an international situation which never changes.

I went up the same staircase as usual, and on my desk I found the same piles of papers to go through—papers which have been exactly the same for almost ten years.

The janitor was the same and so was the personnel director. They looked like they usually do; they had that blank expression which says that nothing new is going to happen today.

For lunch I had the same old thing to eat. It was Monday. I went back to my desk until five o'clock. And I just came home, knowing full well that tomorrow it will start all over again.

God, I'm tired of it all.

I had hoped for something completely different. I had dreamed that someday I would lead an active and exciting life. That was a dream. Yet it can be painful to wake up from a dream.

I'll never be anything but what I am.

I know that some people would be happy in my situation. True. But that doesn't help my fatigue and boredom.

Lord, let me talk to you tonight about my fatigue, about my desire to get away from here. To whom can I speak about this, if not to you?

Nobody understands. They say: "What is he complaining about?" And perhaps they are right. It's only normal that you do your job.

Therefore I shall talk about it only with you.

Don't change anything. My life doesn't have to change. I must change.

Lord, help me to think less about myself.

Help me to see that there are other people besides myself. For whom today is just like every other day.

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BORDEN

EXTRA LEMON TWIST FOR EXTRA LEMON TASTE!

Second Wife

continued from page 76

stuck in a back drawer. On the other hand, she was so fashionably dressed and so perfectly accessorized (amethyst beads on the lavender silk blouse, a lavender handkerchief showing out of the suit pocket) that she looked like those women who stroll around department stores and hand out cosmetic samples.

"I'm so sorry I'm late," she said, breezing in, smelling of—of course—Italian fragrance, and immediately bringing to Sue's mind visions of Roman gardens and marble statues. "I don't understand how I did it but I took the wrong turn when I came off route forty-seven and drove north instead of south."

"And you used to have a great sense of direction," Bill said. His voice seemed natural, as if he were greeting any of their other friends who'd come for drinks. His kiss was natural too: he leaned over and gave his ex-wife a peck on the cheek no more or less affectionate than the one she'd just received in the kitchen, Sue thought. Alicia returned the kiss and said that he looked wonderful, simply wonderful, and he said that she not only looked, but also smelled, great.

Then she said to Sue, "Your apartment is lovely," and Sue took her through the kitchen and bedroom, conscious of inhaling the Italian scent, while Bill began fixing drinks, and when the tour was finished, they sat down in the living room—Bill and Sue on the couch, Alicia in the straight-backed Windsor chair bought as a wreck and lovingly restored. Sue noticed that when Alicia lifted her glass, a diamond sparkled on her finger.

"A lovely ring," she said, and Alicia held out her hand for inspection. Her fingernails looked as if they had been manicured a half hour ago.

"My engagement diamond. I had the setting changed. You don't mind, Bill?" she asked playfully, still holding her hand out toward Sue. When Alicia's fingers actually touched Sue's, she shuddered. It seemed all too symbolic—the tapered, manicured nails next to her rather sensibly short ones (circled by cuticles discolored here and there by varnish) and Sue's modest ring, formerly Bill's grandmother's, next to the flashier diamond. The stones told the story: who could match the fire of a diamond, and its durability? Sue saw herself as the ruby, dearest always to be runner-up, a second choice with fewer sparkles, fewer shiny facets and less intrinsic value.

She grew quiet, and little by little, Alicia took over. As she sipped her wine, she commandeered the conversation, the room, Bill's attention. She talked about [illegible] trips, the little beach house she had her eye on, to be rented until she could afford to buy it.

Sue, who was not dull, felt dull. She did not think furniture refinishing would interest Alicia. She didn't think her small but growing collection of rare books would make a dent in the conversation. Bill seemed totally wrapped up in Alicia's stories anyway. At one point they talked about a mutual friend, someone Bill had met in the airport last year. She felt totally left out.

"I have the things in the car for you," Alicia finally said, standing up. Sue tried to read her face. Had she come to have regrets about letting Bill go? It suddenly seemed a serious possibility. "It's only one carton, but it's pretty heavy. Do you think you'd mind coming down to the car to get it?"

"What did you bring?" Bill asked. His face was, as always, inscrutable.

"Odds and ends," Alicia said. "Yearbooks, old photographs, records, matchbooks—and your collection of beer steins, remember? You did love those beer steins!"

Bill beamed. "I forgot about them!"

Bill and Alicia, raveled together in conversation about the old beer stein-and-yearbook days, left together, laughing their way down the front steps. Sue watched from the kitchen window as Bill lifted the carton out of Alicia's car trunk, and she waited it out, the long good-bye that seemed to be taking forever at the curb. Running the water in the sink over the empty glasses, she watched the water wash over her ruby and she swallowed hard. She must be like Bill, reserved and private. She must not let the sting show.

It seemed an endless time before he reappeared. He settled himself immediately in the living room with his box of memories, spread everything out all over the coffee table and the couch while Sue stayed in the kitchen. These were the odds and ends of his life, all right, the concretized remnants of a big, fat love that might still be alive and well and as indestructible as diamonds mined in Africa and worn on former wives' fingers.

Sue, squeezing ground beef into hamburger shapes, felt suddenly stampeded with the certainty that this former wife, whether she lived in Boston, Rome or next door, would always be an unexorcisable ghost living with them. As the meat broiled, as Sue watched it go from pink to brown, her resolve to keep her emotional upheavals to herself melted like the fat dripping into the broiling pan. As she turned the hamburgers over she felt Bill's presence in the kitchen, looked over her shoulder to find him in the doorway holding his open yearbook in his hand. "Want to see what I looked like when I was elected captain of the junior varsity?"

"No," Sue said. "I don't."

Bill, startled, looked at her intently. "You don't?"

"No."

"Why not?" Bill asked.

"Because the hamburgers are burning," Sue said. She ran to the broiler to rescue them, but she was too late.

"Uncanny," Bill said. "You charcoal them without charcoal every time." He was smiling.

It was no time for him to be funny. Sue wanted to hurl the hamburgers through the window and send the broiler pan out with them. She wanted to twirl her spatula like the baton that Alicia, the cheerleader, had probably been photographed spinning for the same yearbook; she wanted to send it flying through the kitchen air. Instead, she turned to Bill and said, "I bet Alicia never burned your hamburgers."

How could she have let this childish attack issue from her almost 30-year-old lips? If only she could take the remark back and substitute some bland, reserved and pleasant comment—"How could I have been so careless, darling?"—worthy of her image as his loving second wife.

"You didn't like Alicia?" Bill asked. He looked more amused than *(continued)*

HAIRSTYLE HOW-TO'S

PAGE 38, *left:* Set hair on hot rollers for movement, manageability. Brush left side upwards; secure with pins on top of head, down center back. Brush right side up, wrapping and securing over first section; pin. Insert combs. Pull out a few strands over forehead for softness. If hair is fine, brush back for fuller look.
Center: Use hot rollers, larger ones at very top, small for the rest. Go from a side part, directed back and away from face. When cool, brush out. Go lightly over top for volume; tie ribbon.
Right: Use hot rollers for body, then divide hair behind ears and wrap back section in French twist. Brush front section to one side, secure with covered elastic band. Loop tail into large barrel curl; hold underneath with pins; add jewels.

PAGE 40, *left:* Apply wave set or setting lotion to curly hair; finger set hair in upward movements. When dry, brush briskly up and away from face; place combs. (If hair is too straight, set first with curling iron.)
Center: Apply setting lotion to front portion; comb upwards at temple, arranging top in deep wave. Hold with clips. When dry, brush gently, securing ends behind wave. Brush back section into French twist, blending back and front sections on top of head.
Right: Heat sections of hair with curling iron (or hot rollers), then wrap tightly on large sponge rollers. As you wrap hair up, twist each section one turn for each time around the roller. Cool; brush out; arrange eye dip. **End**



Got a minute?
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Devil's Food Cake Mix
1-8 oz. frozen whipped topping, thawed.
an (21 ounces) cherry pie filling.

x and bake cake as directed on package in greased and floured nch tube pan at 350°. Cool. Split ake into 3 layers. Spread 1/3 of hipped topping, then 1/3 of pie filling between each layer and top. Chill until set.

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Mock Eclairs

1 pkg. Duncan Hines Deluxe II Yellow Cake Mix
2-5 ounce cans lemon (or vanilla) pudding
Chocolate fudge topping

Mix and bake cake as directed on package in 13X9X2-inch pan. Cut cake into sixteen 4½X1½-inch pieces. Cut each piece in half lengthwise. Spread one tablespoon of pudding between split cake pieces and top with chocolate fudge topping. Store in refrigerator.

Choc-A-Bloc

1 pkg. Duncan Hines Deluxe II Deep Chocolate Cake Mix
1 quart brick mint chip ice cream
Chocolate topping

Mix cake as directed on package. Spread batter in a greased and floured 15½X10½X1-inch jelly roll pan. Bake at 350° for 20-25 minutes. Cut cake into serving size squares. Put a slice of ice cream between 2 pieces of cake and add chocolate topping. Serve at once or store in freezer.

Next month in the LADIES' HOME Journal

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THE LHJ DOCTOR

Straight talk about the season's most common medical problems—colds and flu.

Second Wife

continued

hurt. Certainly, he didn't look angry or shocked.

"She is lovely," Sue managed. "Very nice. A pleasant person."

"But you didn't like her?"

"I hated her."

"But Sue, why?"

"Because she's the diamond and I'm the ruby." There it went, the last of her confident facade. Now she'd let it hang out in all its nasty, red-facetedness; her own jealous insecurity. If he'd thought Alicia superior before, what must he think now?

His reserve, at this time, was infuriating. "Rubies are more valuable than diamonds, karat for karat," Bill said.

"But diamonds are more sparkly."

He looked at her steadfastly. "They are not to everyone's taste. I like rubies. I am happier and more comfortable with rubies. Sparkle wears thin when you live with it. I like hamburgers that are burned on the outside and undercooked inside, too." Whenever he smiled, a little charming line appeared at the corner of his mouth, but although its charm was lost on Sue now, she felt herself quieting down. At least Bill was ever diplomatic. She'd have to learn to live with his emotional understatements. What she really wanted to hear was, "You are more beautiful, sexy and wonderful than my first wife, even if you can't cook or make sixty thousand dollars a year." What she really yearned for was "I love *you*," whispered lyrically into her ear.

What she heard instead was, "Please pass the ketchup, Ruby."

Still, he cleaned up after dinner while she took a shower and—yes—manicured her nails. Bill called her into the living room to catch the ten o'clock news. He'd cleaned up there too, made the yearbooks, photo albums and old records disappear. However, Sue immediately noticed that the beer steins stood in a neat row in the bookshelf next to her first editions, their flashy, porcelain faces staring obtrusively into the room.

Now, yawning and stretching, Bill suddenly remembered he'd forgotten to put out the trash and went into the kitchen. Sue turned off the last light, snapped off the television and turned to see her husband framed in the lighted hall doorway, embracing the carton Alicia had brought. His arms circled the box tightly in front of him.

"Where are you going with all that stuff?" Sue asked, the twinge in her voice certainly as audible as cymbals in the silent room. She was unable to see his expression in this dim light.

"Into the trash bin downstairs," Bill said. It was a flat and cool statement typical of Bill's bland and unemotional style. It was as if he enclosed his feelings in a plain brown wrapper she'd never be able to tear off.

"In the trash bin! Your yearbooks, old photos, your records—you're throwing it all *out*?"

"Why would I keep it? Just old junk!"

"Memories, nostalgia, the good old days!"

"Just clutter. A fire hazard. I don't need the good old days. *I have good new days.*" He turned and headed out the front door. Sue heard him creaking his way down the stairs. When she was standing in the darkened living room, she felt as if she'd moved from the dark room smack into the bright framed square of the kitchen door, although she hadn't taken a step. Light seemed to surround her on all sides, clearly a psychological, not optical, illusion that was making her head swim and her eyes water. Clutter? Bill loved clutter; his closet was filled with it. Fire hazard? What about the solvents he used to refinish furniture?

It was clearly the clutter of the past he wanted to be rid of. For her sake. And the fire hazard he perceived was to their marriage, not the house, wasn't it?

He'd never accuse Alicia of being too materialistic, too self-centered, too hard-edged. He was too much the gentleman, and he'd really loved her once. That was something that might always hurt, but Sue would have to learn to live with it, as she would have to learn to live with the beer steins on their bookshelves. And although he'd probably never articulate the loving words she'd heard in a thousand song lyrics, read all her life in rare books and those not so rare, his life with his first wife was as much a part of history as the junior varsity.

Sue ran down the steps after her husband, calling, "Bill, it's okay! Don't throw those things out!" and he turned, his eyes opened in astonishment, and he hesitated, his arms still a tight circle around the overflowing carton. Then Sue saw the relief soften the set of his reserved and wonderful face.

He was tenderly, significantly and memorably silent. Only his eyes spoke. "I love you," they said. **End**

MORNINGS ARE SCARECROW-BARE

By Maureen Cannon

Mornings are scarecrow-bare before the snow,
Stiffened with waiting. Something won't
let go
That holds in thrall the sullen days until
The first flake falls . . .
when suddenly the spill
Of white surprise is like a blessing! Then
Winter, as soft as whispers, breathes again.

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